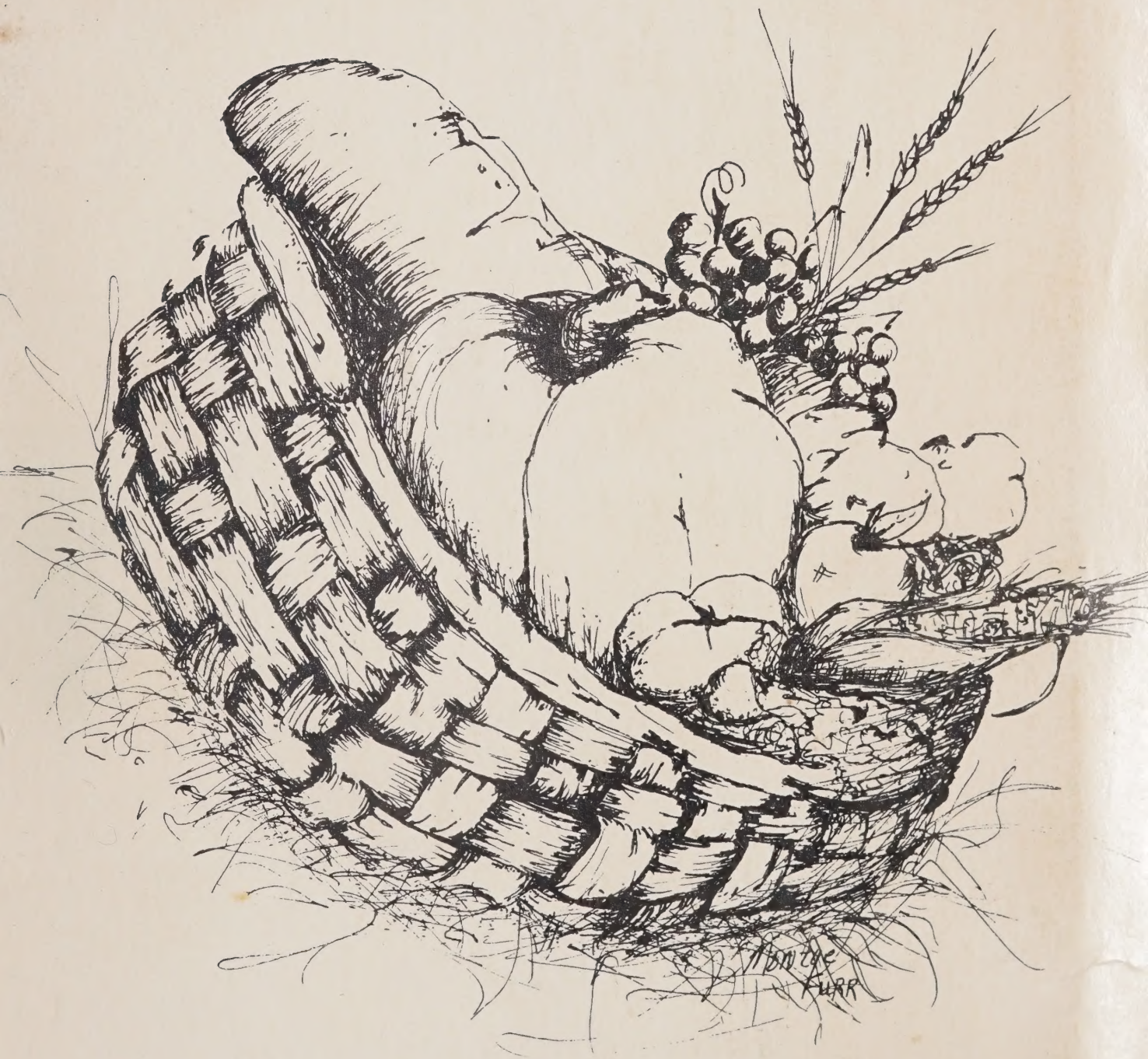
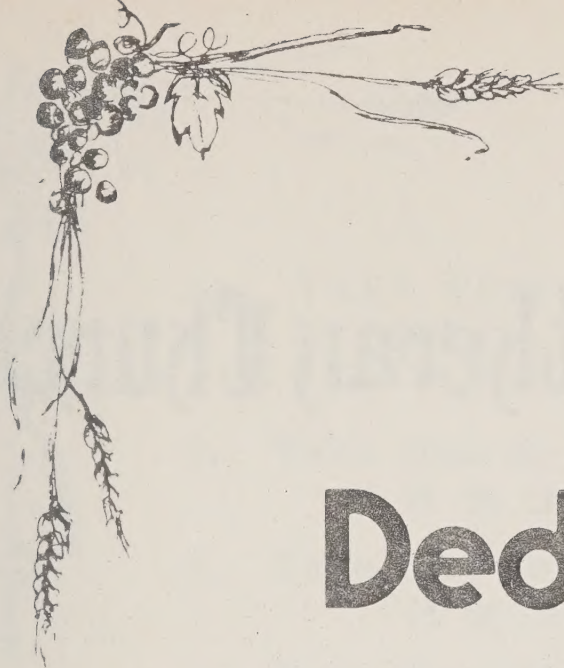


ST. John's



Family Favorites



1250
C641.5
S1425s

Dedication

This book is dedicated to all who enjoy the art of good cooking.

With sincere gratitude we thank all those who generously contributed their favorite recipes and gave so freely of their time and talents to help make this book possible.

We hope these recipes will be among those you will treasure and will be passed along to family and friends.

St. John's Lutheran Church
Salisbury, NC

Cookbook Committee

Peggy Coble

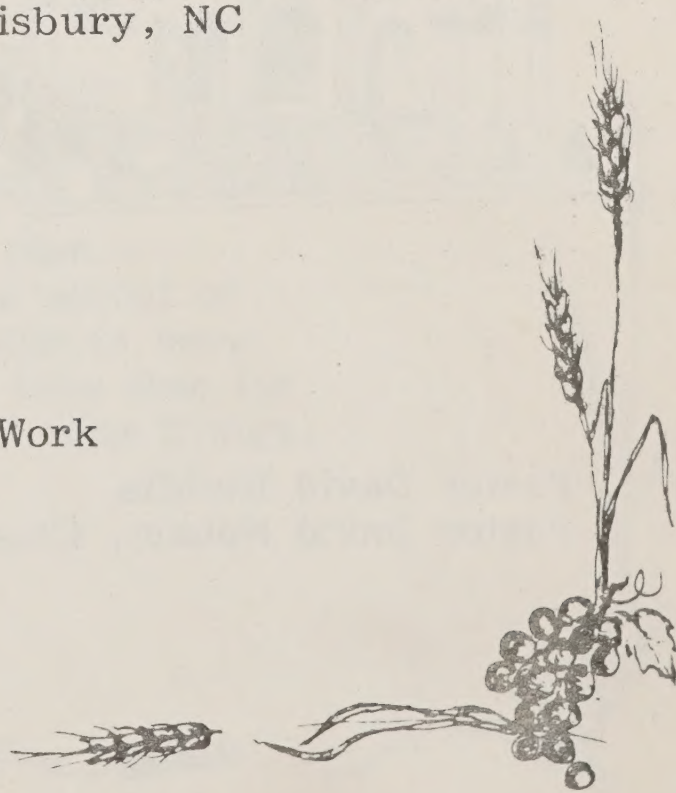
Carolynn Spry

Evelyeen Smith

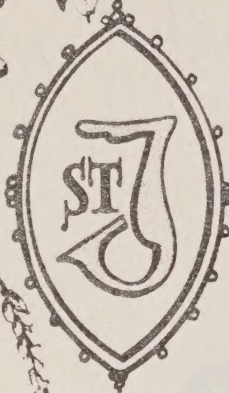
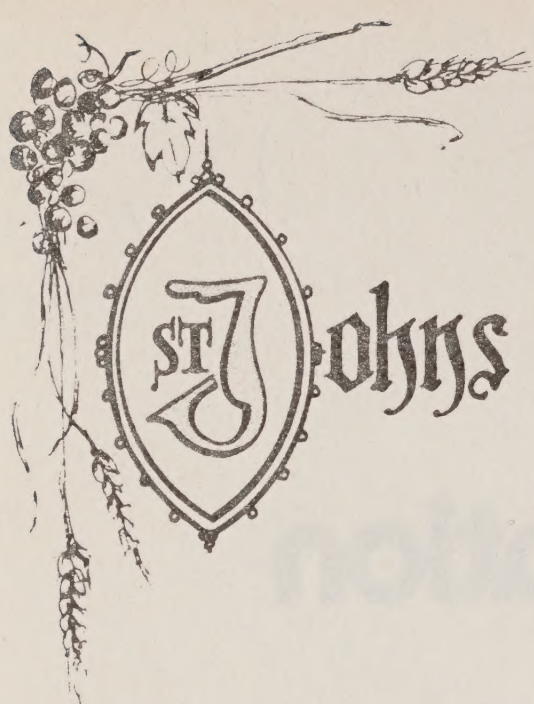
Mary Smith

Barbara Bumgarner

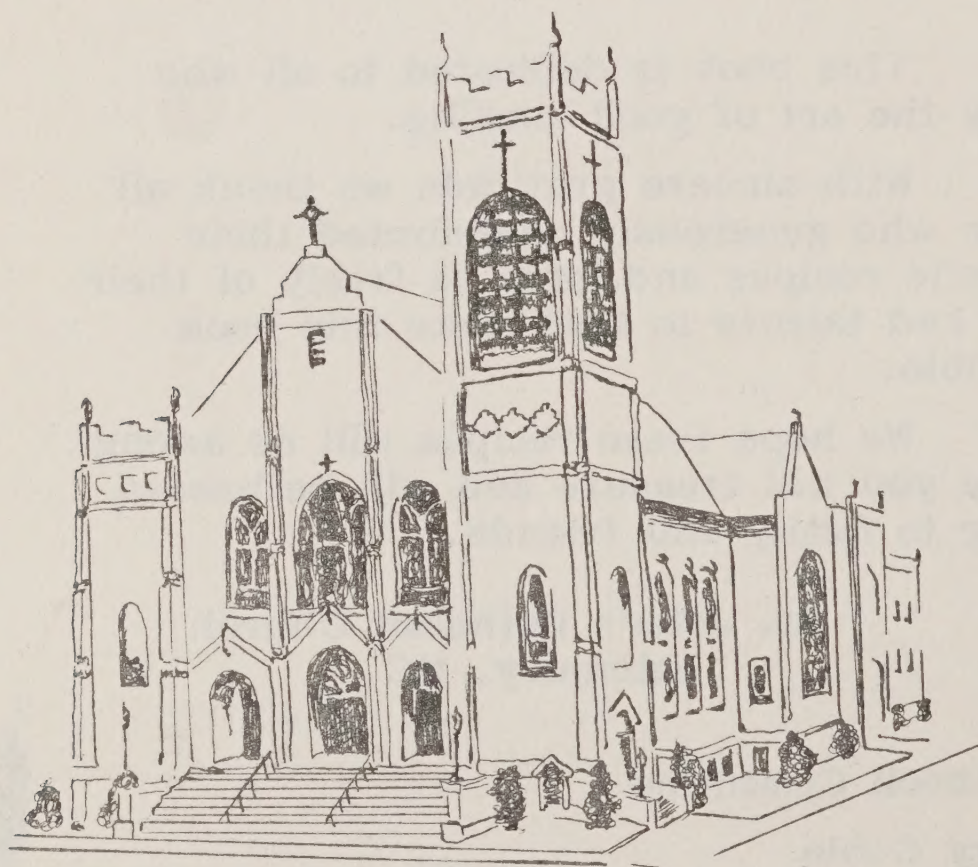
Montye Furr - Art Work



WINBORNE



Johns Lutheran Church



Pastor David Huddle
Pastor David Nelson, Counseling Pastor



TAKE TIME FOR TEN THINGS

1. Take time to work ---
it is the price of success.
2. Take time to think ---
it is the source of power.
3. Take time to play ---
it is the secret of youth.
4. Take time to read ---
it is the foundation of knowledge.
5. Take time to worship ---
it is the highway of reverence
and washes the dust of earth
from our eyes.
6. Take time to help and enjoy friends ---
it is the source of happiness.
7. Take time to love ---
it is the one sacrament of life.
8. Take time to dream ---
it hitches the soul to the stars.
9. Take time to laugh ---
it is the singing that
helps with life's loads.
10. Take time to plan ---
it is the secret of
being able to have
time to take time for
the first nine things.

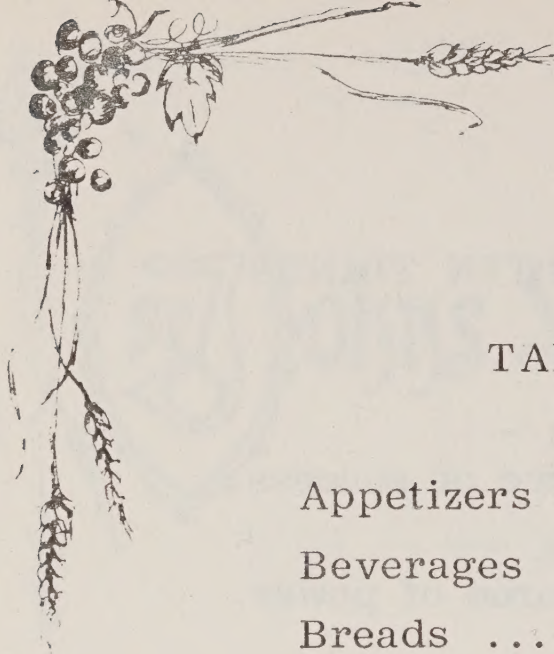
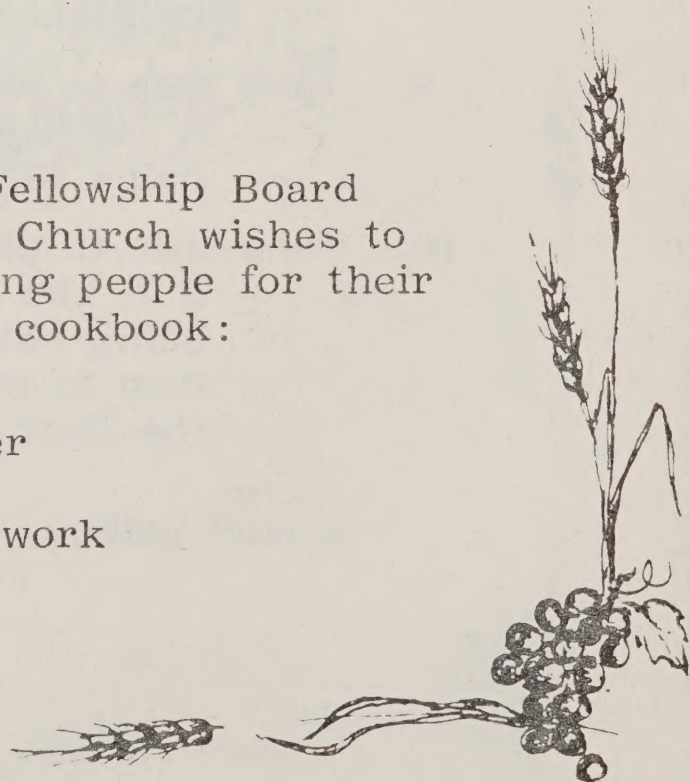


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The Service and Fellowship Board
of St. John's Lutheran Church wishes to
acknowledge the following people for their
help in organizing this cookbook:

Jane Britt
Barbara Bumgarner
Peggy Coble
Montye Furr, art work
Evelyeen Smith
Mary Smith
Carolynn Spry



Appetizers





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APPETIZERS

APPETIZER MEAT BALLS

(Serves 50)

2 Tbsp. instant onion	1 1/2 tsp. salt
1 egg, beaten	2 tsp. sugar
1/4 c. milk	1/2 tsp. nutmeg
1/4 c. bread crumbs	1/2 tsp. allspice
1 LB. Ground Beef	

Brown meat balls in oil. I use an electric frypan. Mix all ingredients thoroughly and make into small balls; brown meat and lift out. Make gravy.

Gravy:

3 Tbsp. flour	1 beef cube
dash pepper	water
2 Tbsp. drippings	1 c. evaporated milk

Return meat balls to pan with gravy and cook a short time. Can be put in casserole and kept hot to serve.

Mrs. Carl Julian

APPLE CHEESE SPREAD

1 (3 oz.) pkg. cream cheese, softened	2 tsp. powdered sugar
1 Tbsp. orange juice	1/2 c. peeled and grated apple

Combine cream cheese, orange juice and powdered sugar; mix until smooth. Stir in apple. Chill. Use as a spread for banana bread or other fruit bread.

Helen Lentz

ARTICHOKE APPETIZER

2 cans artichokes	1 c. grated Parmesan cheese
3/4 c. real mayonnaise	

Cut artichokes into very small pieces. Mix with mayonnaise and cheese.

Put mixture into an 8 x 10-inch Pyrex dish in

(Continued on Page 2)

ARTICHOKE APPETIZER (Continued)

a thin layer. Bake 12-15 minutes at 350° until mixture is lightly browned and cheese is melted. Serve hot. Serve with assorted crackers.

Jean Logan Hudson

BACON ROLL-UPS

1 lb. bacon	1 Tbsp. mayonnaise
2 (3 oz.) pkg. cream cheese with chives	1 loaf brown bread

Mix softened cream cheese with mayonnaise. Cut crust off bread and cut in half. Spread scant 1 tablespoonful cream cheese mixture on bread and roll up. Wrap a piece of uncooked bacon around rolled-up bread. Secure with toothpick. Bake at 350° for approximately 40 minutes or until brown.

Carolynn Spry

BACON SMACKERS

18 slices bacon	2 c. Cheddar cheese
2 c. flour	1/2 c. shortening
1 tsp. salt	1/3 c. milk

Cut bacon slices in halves. Fry until brown, not crisp. Cut cheese in flour and salt until particles are the size of peas. Combine melted shortening and milk. Add dry ingredients, all at once; stir until dough clings together.

Roll 1/2 of the dough out and cut into 1-inch strips. Place 1 piece of bacon on each strip. Roll up and fasten with toothpick. Bake at 450° for 8-10 minutes.

Izetta Lingle

BEEF CHEESE BALL

3 (8 oz.) pkg. cream cheese	1 medium onion
3 pkg. dried chipped beef	2 Tbsp. Worcestershire sauce
	1/2 tsp. red pepper

Chop onion and 2 packages of beef. Combine

BEEF CHEESE BALL (Continued)

with Worcestershire sauce and cream cheese at room temperature. Add dash of red pepper and mix well. Chop remaining package of beef. Form ball with mixture and roll in remaining chopped beef until coated. Chill overnight. Serve with favorite crackers.

Betty R. Huddle

BOURBON BALLS

1 c. crushed vanilla wafers	2 Tbsp. light corn syrup
1 c. xxxx sugar	1/4 c. bourbon
2 Tbsp. cocoa	1 c. chopped nuts

Mix ingredients together and form into small balls. Roll balls in xxxx sugar. Additional rum may be needed as mixture tends to dry out. Freezes well.

Marlene Plyler

CHEESE BISCUIT PENNIES

1/2 lb. grated sharp Cheddar cheese	1/2 tsp. salt
2 1/2 c. flour	1/2 tsp. red pepper
	1 3/4 sticks margarine

Combine cheese, margarine and flour together. Mix well and add other ingredients. Roll dough on floured surface or between waxed paper. Cut with small doughnut cutter. Place on ungreased cookie sheet and bake at 350° for approximately 8 minutes.

Lottie Plyler

CHEESE BISCUIT PINWHEELS (Easy Stir 'N Roll Biscuits)

2 c. sifted all-purpose flour	1/3 c. salad oil
3 tsp. double-acting baking powder	2/3 c. milk
1 tsp. salt	approximately 2 c. grated sharp cheese

(Continued on Page 4)

CHEESE BISCUIT PINWHEELS (Continued)

First, make the Easy Stir 'N Roll Biscuit dough. Spread dough on a wooden board (no extra flour is needed). Make it into a rectangle 1/4-inch thick. Sprinkle grated cheese over dough. Roll up from long side, jellyroll-fashion. Cut into 1/2 to 1-inch thick slices. Place with flat sides down in greased muffin pan cups. Bake at 450° for about 12 minutes or until done. Yields 2 dozen.

Mrs. Delores A. Thomas

CHEESE BISCUITS WITH RICE KRISPIES

2 c. flour (plain), unsifted	1/2 lb. cheese (sharp), grated
2 c. Rice Krispies	1/2 tsp. salt
2 sticks margarine	dash red pepper

With pastry blender, cut margarine into flour, salt and pepper. Add cheese and Rice Krispies. Mix and make balls the size of marbles, then flatten with thumb. Bake 15-20 minutes at 350°. Makes 6 dozen.

Nancy Withers

CHEESE PINWHEELS

1 (8 oz.) pkg. cream cheese, softened	2 Tbsp. chopped chives
2 pkg. smoked beef	2 Tbsp. Parmesan cheese

Mix cream cheese, chopped chives and Parmesan cheese. Spread slices of beef with mixture and roll up individually. Wrap in waxed paper and chill. Slice into 1/4-inch pieces.

Montye Furr

CHEESE ROLL

1 pkg. Kraft wedge sharp Cheddar cheese, grated	1 hard-boiled egg, chopped
3-4 chopped olives	1 small minced onion
2 small dill pickles, chopped	garlic salt to taste
	2 crumbled soda crackers
	enough mayonnaise to hold mixture together

CHEESE ROLL (Continued)

Mix all ingredients by hand. Mold into log shape or into ball. Protect with foil. Refrigerate. Remove from refrigerator 15 minutes before serving.

Optional: Log may be rolled in chopped nuts or parsley flakes before refrigerating.

Eleanor Sifford

CHEESE TREATS

1/2 c. margarine 1 c. flour
1/2 lb. grated sharp cheese

Cream margarine and cheese. Gradually add flour. Form into a ball and put in the refrigerator overnight. The following day, take out by teaspoonful and make into small balls. Cook 20 minutes on ungreased cookie sheet at 350° until golden brown.

Dianne Agner

CHEESE WAFERS

2 c. flour 2 sticks margarine
1/2 tsp. salt 1/2 lb. sharp cheese,
1/2 tsp. red (hot) grated
pepper 2 c. Rice Krispies

Cream cheese and margarine. Add flour, salt and red pepper sifted together. Add Rice Krispies. Mix well and roll into small balls. Mash down with a fork. Bake at 325° for 12-15 minutes.

Edna Pinkston

CHILI CON QUESO

2 large onions, 1 lb. grated Velveeta
chopped fine cheese
2 cloves garlic, pressed 1 can drained and mashed
2 Tbsp. butter tomatoes
1 small can green chili peppers, mashed and drained

Saute onions and garlic in butter; add peppers.

(Continued on Page 6)

CHILI CON QUESO (Continued)

Cook until bone dry. Add cheese and tomatoes. If too thin, use cornstarch to thicken. Serve in chafing dish along with corn chips (Fritos, Doritos, etc.).

Ott and Julie Pinkston

CREAM NUTS

1 1/2 c. sugar	1 tsp. vanilla
1/2 c. sour cream	1 tsp. cinnamon
2 Tbsp. oleo	2 1/2 c. pecan halves

Bring sugar, sour cream and oleo to a boil. Cook to soft ball stage, stirring occasionally. Remove from heat and add vanilla and cinnamon; stir until mixture begins to thicken. Add nuts and stir until well coated. Pour onto buttered cookie sheet and separate nuts. Delicious.

Mrs. Carl Julian

DILL DIP

2/3 c. mayonnaise	1 tsp. onion
2/3 c. sour cream	1 Tbsp. parsley
3 oz. cream cheese	1 tsp. seasoned salt
4 tsp. dill weed	

Mix and chill before serving.

Frances Lynne Tatum

DILL DIP

2/3 c. mayonnaise	1 Tbsp. parsley flakes
2/3 c. sour cream	1 tsp. dried dill weed
1 tsp. instant onion flakes	1 tsp. Lawry's seasoned salt

Mix all together and chill. Cut up carrots, cauliflower, celery, zucchini, cucumber and radishes to dip. Serves 25.

Mrs. H. E. Withers, Jr.

FAKE BOURSIN' SPREAD

3 (8 oz.) pkg. cream cheese	1 1/2 sticks margarine
1 bottle Green Goddess	6 turns of the pepper mill
4-6 cloves garlic, pressed	dash parsley

Mix all ingredients until smooth. Chill. Spread on crackers. This freezes exceptionally well.

Frances Lynne Tatum

FRESH SHRIMP AND COCKTAIL SAUCE

Cook 4 pounds fresh shrimp until they turn a light pink color. Lower heat and continue to simmer about 25 minutes. Shell freshly-cooked shrimp, removing black veins. Chill. Serve in lettuce-lined cocktail cups with Cocktail Sauce.

Cocktail Sauce:

1 (12 oz.) bottle Del Monte cocktail sauce	1-2 Tbsp. prepared horse- radish
	2 tsp. Worcestershire sauce
	1/2 tsp. lemon

Combine all ingredients; mix well. Chill. Serve with shrimp. Makes about 1 1/2 cups sauce.

Margaret Buie

"G. G.'s" CONGLOMERATION

1 stick butter	1 (6 oz.) pkg. chocolate chips
1 (6 oz.) pkg. choco- late chips	1 (6 oz.) jar dry roasted peanuts
1 c. peanut butter	1/2 bag marshmallows
1 box Honeycomb cereal	1/2-1 box powdered sugar
1 box raisins	

Melt butter, chocolate chips and peanut butter together. Pour this mixture over last 5 ingredients. After mixing together, pour all into plastic or paper bag. Pour 1/2 box of powdered sugar in with mixture and shake well. If not enough powdered sugar, add

(Continued on Page 8)

"G. G.'s" CONGLOMERATION (Continued)

more. Keeps well in tins. This recipe is easy to cut in half.

Garnelle Sapp

HAM AND ONION ROLL-UPS

ham slices (sandwich
type), boiled

cream cheese
spring onions

Spread ham with cream cheese. Place onion at one end of ham; roll up and slice in 1/2-inch slices. Serve. Very simple and good.

Izetta Lingle

HERBED CHEESE BALL

2 (8 oz.) pkg. cream
cheese

1 clove garlic, crushed

1 tsp. caraway seed

2 tsp. basil leaves

2 tsp. dill

2 tsp. chopped chives

Mix well and shape into ball. Roll in lemon pepper.

Izetta Lingle

HOT CANAPE ROUNDS

2 c. sharp Cheddar
cheese, grated

1 small can ripe olives

2 Tbsp. chopped onion

1 c. mayonnaise

Mix all ingredients well. Spread on party rye bread. Sprinkle top with bacon bits. Bake at 300° for 7-10 minutes.

Izetta Lingle

HOT CHEESE HORS D'OEUVRES A LA PATTI HEILIG

1 c. (plus) grated
sharp cheese

1 c. Hellmann's
mayonnaise

1 c. chopped onion

1 (8 oz.) pkg. cream
cheese

HOT CHEESE HORS D'OEUVRES
A LA PATTI HEILIG (Continued)

Mix ingredients. Pour into greased, 1 1/2-quart casserole dish. Bake 20-30 minutes at 350° until bubbly and browned.

Barbara Bumgarner

HOT CRAB DIP

1 (8 oz.) pkg. cream cheese	2 Tbsp. grated onion and juice
1 (6 1/2 oz.) can crabmeat	1 Tbsp. milk
	1/2 tsp. salt
	1/4 tsp. pepper

Combine and mix well. Spoon into an ovenware dish. Bake at 375° for 15 minutes. Serve hot with celery, carrot and zucchini sticks as well as crackers.

Note: Can also be served cold.

Barbara Chesky

HOT DOG APPETIZERS

1 tall beer	4-5 dashes Tabasco sauce
1/4-1/2 c. brown sugar	hot dogs

Simmer an hour; serve hot.

Frances Lynne Tatum

HOT DRIED BEEF DIP
(Appetizer)

8 oz. cream cheese, softened	1 (2 1/2 oz.) jar dried beef
2 Tbsp. milk	2 Tbsp. onion flakes
1/2 c. sour cream	1/2 tsp. garlic salt
	1/4 tsp. pepper

Combine the above ingredients and place in a round, 8 or 9-inch, Pyrex pie dish.

Topping:

2 Tbsp. butter	1/2 tsp. salt
1/2 c. nuts, chopped	

(Continued on Page 10)

HOT DRIED BEEF DIP (Continued)

Mix ingredients for topping and place on top of the other mixture. Bake at 300° for 25 minutes.

This makes a delicious spread for crackers!
Serve it while it's hot!

Delores A. Thomas

MARINATED BROCCOLI

3 bunches fresh broccoli	1 Tbsp. sugar
1 c. cider vinegar	1 tsp. black pepper
1 Tbsp. dill weed	1 clove garlic, minced
1 Tbsp. salt	1 1/2 c. vegetable oil

Wash and drain broccoli; cut into small pieces. Mix the remaining ingredients well and pour over the broccoli. Cover and refrigerate 24 hours, basting the broccoli with the marinade occasionally. Drain and serve.

Ott and Julie Pinkston

MUSHROOM TURNOVERS

Pastry:

1 c. butter	2 c. unbleached flour
1 (8 oz.) pkg. cream cheese	1 egg yolk
1/2 tsp. salt	2 tsp. cream

In mixer, beat the first 3 ingredients. Work in flour. Form flat piece and chill overnight. Roll on floured cloth. Fill and bake at 350° for 20 minutes. (Cut into squares and fold over filling.) Brush tops with yolk and cream before baking.

Filling:

1/2 lb. mushrooms	1 tsp. lemon juice
2 Tbsp. butter	2 tsp. flour
1 onion, chopped	1/2 c. sour cream
1/2 tsp. salt	1 tsp. dill weed
pepper	

MUSHROOM TURNOVERS (Continued)

Cook chopped mushrooms and onion in butter.
Add rest of ingredients and remove from heat.

Frances Lynne Tatum

OLD-TIME POPCORN BALLS

2 c. granulated sugar	1 tsp. vinegar
1 1/2 c. water	1 tsp. vanilla
1/2 tsp. salt	5 qt. popped corn
1/2 c. light corn syrup	

Butter sides of saucepan. In it combine sugar, water, salt, syrup and vinegar; cook to hard ball stage (250°). Stir in vanilla. Slowly pour over popped corn, stirring just to mix well. Butter hands lightly; shape into balls. Makes 15-20 balls.

Margaret Buie

OLIVE TARTS

1/2 c. soft margarine	1/4 tsp. Tabasco sauce
1/2 lb. (2 c.) very fine grated sharp cheese	1/2 Tbsp. salt
	1 tsp. paprika
1 c. sifted flour	36 small stuffed olives

Cream margarine and cheese; stir in flour, sauce, salt and paprika. Wrap one teaspoon of mixture around an olive completely.

Arrange on baking sheet and freeze. Then pack in freezer bags. When ready to bake, place on baking sheet the number needed. Bake at 400° for 15 minutes. Serve hot or warm.

Betty Scott Lentz

PARTY CHEESE BALLS

1/2 lb. sharp cheese	2 c. Rice Krispies
2 sticks oleo	1 c. nuts
2 c. flour	1/2 tsp. cayenne pepper
1/2 tsp. salt	

(Continued on Page 12)

PARTY CHEESE BALLS (Continued)

Shred cheese and mix all together. Shape into small balls and place on cookie sheets. Bake at 375° for 15 minutes.

Mrs. Carl Julian

MIXED NUT CRUNCH

4 qt. freshly-popped corn	2/3 c. margarine
2 c. dry roasted mixed nuts	2/3 c. dark corn syrup
1 1/4 c. sugar	1 tsp. vanilla
	1/2 tsp. baking soda

Preheat oven to 250°. In large, shallow, roasting pan or two, deep, roasting pans, spread popcorn and nuts. In heavy saucepan, stir together sugar, margarine and corn syrup. Cook over medium heat, stirring constantly until mixture boils. Continue cooking for 5 minutes, without stirring. Remove from heat. Stir in vanilla and baking soda.

Pour syrup mixture over popcorn and nuts; stir to coat. Bake, uncovered, in a 250° oven, stirring occasionally, for 1 hour. Cool; break apart. Store in tightly-covered container. Makes 1 pound.

Marlene Plyler

ORANGE-CINNAMON TOAST

3/4 c. sugar	2 Tbsp. butter
1/2 tsp. cinnamon	grated rind of 1 orange
2 Tbsp. orange juice	

Cream butter and add rest of ingredients; mix well. Spread on bread. Bake at 350° for 10 minutes. Makes 8-10 slices.

Eleanor Sifford

PARTY ROLLS

3 pkg. Pepperidge Farm party rolls	1 stick butter or margarine
12 oz. boiled ham	1 medium onion, grated
8 oz. deluxe Kraft Swiss cheese	6 Tbsp. mustard
	2 Tbsp. poppy seed

PARTY ROLLS (Continued)

Slice rolls horizontally with electric knife. Melt butter or margarine and combine with onion, mustard and poppy seed. Open rolls (in sheets) and spread with butter sauce. On each roll place 3 slices ham and 1 slice cheese; cut into 3/4-inch squares. Cover with tops. Cover and wrap in foil.

Heat at 400° for 30 minutes. May be frozen before heating. Serves 6. Cut as marked before serving.

Serve as hors d'oeuvres or accompaniment to brunch, picnic or main dish.

Mary Ann Hoover

PIMENTO CHEESE SPREAD

- | | |
|---|---|
| 1 (8 oz.) pkg. sharp Cheddar cheese, grated (Cracker Barrel red pkg. is best) | 1 large jar pimentos, chopped finely
1 Tbsp. vinegar
garlic salt to taste
mayonnaise
black pepper |
|---|---|

Combine all ingredients, seasoning to taste with garlic salt and pepper. Use enough mayonnaise to make spreading consistency.

Fran Tannehill

PINEAPPLE CHEESE BALL

- | | |
|---|-------------------------------------|
| 2 (8 oz.) pkg. cream cheese | 2 Tbsp. finely-chopped onion |
| 1 (8 1/2 oz.) can crushed pineapple, well drained | 1/4 c. green pepper, chopped finely |
| 2 c. chopped pecans (fine) | 1 Tbsp. seasoned salt |

Combine softened cream cheese, pineapple, onion, bell pepper and seasoned salt along with 1 cup of the nuts. Form into a ball and roll in the other cup of nuts. Chill.

Mrs. W. H. Peeler

SAUSAGE BALLS

- | | |
|---------------------------------------|------------------------|
| 1 lb. sausage, browned
and drained | 1 small onion, chopped |
| 1/2 lb. grated cheese | 4 Tbsp. water |
| 1 c. Pepperidge Farm herb dressing | 4 Tbsp. biscuit mix |

Mix together. Make into small, small balls. Use enough biscuit mix to hold balls together. Bake at 350° for 10-15 minutes.

Mary Smith

SAUSAGE BALLS

- | | |
|------------------------|---|
| 1 lb. hot bulk sausage | 1 (10 oz.) pkg. sharp
Cheddar cheese |
| 3 1/2 c. Bisquick | |

Combine all ingredients by hand. Shape loosely into small balls and bake at 350° for 15-20 minutes. Yields 100.

Eleanor Sifford

SHRIMP DIP

- | | |
|---|---|
| 1 (8 oz.) pkg. cream
cheese | 2 Tbsp. capers or chopped
pickle |
| 4 Tbsp. mayonnaise | 2 Tbsp. dried chopped onion
or 1/2 small onion |
| 1 tsp. Worcestershire
sauce (or according
to taste) | 1/4 tsp. Lawry's seasoned
salt |
| 1/8 tsp. Tabasco sauce | 1/2 tsp. sugar |
| 1 Tbsp. lemon juice | dash garlic salt (optional) |
| | 1 can water-packed shrimp |

Mix all ingredients, except shrimp. Whip until fluffy. Mash shrimp and add to cheese mixture. Chill.

Marlene Plyler

SHRIMP MOLD

- | | |
|------------------------------|--|
| 1 large pkg. cream
cheese | 1/2 pkg. gelatin, dissolved
in 2 Tbsp. cold water |
| 1 small pkg. cream
cheese | 1 1/2 Tbsp. lemon juice |
| 3 Tbsp. mayonnaise | 1 lb. finely-chopped,
cooked shrimp |

SHRIMP MOLD (Continued)

1/2 c. diced celery	2 hard-cooked eggs, diced
1 onion, finely chopped	fine
1/2 green pepper,	salt and pepper
chopped	2 tsp. Tabasco sauce
	(scant)

Combine the first four ingredients; add remaining ingredients and season to taste. Pour into lightly-oiled mold. Let set. Unmold and garnish with pimentos or parsley. Serve with Wheat Thins or Triscuits.

Carolynn Spry

SHRIMP SPREAD

1 lb. shrimp, cooked, shelled and deveined	1 celery stalk, finely chopped
1/3 c. mayonnaise	1 1/2-2 (8 oz.) pkg. cream cheese
1 medium onion, finely chopped	juice of 1/2 lemon
1/4 c. catsup	dash of hot sauce

Mix thoroughly with hands. If too runny, add more cream cheese. Store in the refrigerator until ready to use. Serve with crackers. Serves approximately 25 at a cocktail party.

Kay Smith

SHRIMP TOAST

1 lb. fresh shrimp	2 tsp. salt
8 slices white bread	2 eggs, lightly beaten
4 Tbsp. fresh salt pork	4 Tbsp. cornstarch
8 water chestnuts	3 c. vegetable oil
2 Tbsp. dry sherry	fresh parsley

Shell the shrimp. With a sharp knife, devein. With cleaver or food processor, chop the shrimp until they are reduced to a fine pulp-like mass. Chop pork and water chestnuts together as finely as possible and combine with shrimp. Add wine, salt, beaten egg and cornstarch. Place in blender or food processor and

(Continued on Page 16)

SHRIMP TOAST (Continued)

mix together until they form a paste.

Trim bread slices of crusts; cut bread into triangles. With a spatula, spread an equal amount of shrimp mixture on bread triangles, mounding them slightly in the centers. Gently press parsley leaf into center of mound.

Pour 3 cups of oil into electric skillet and heat to 375°. With shrimp side down, drop in the bread squares (the filling will not fall off). Fry about 1 minute, then gently turn over in oil with slotted spoon. Fry for 1 minute longer until bread and shrimp topping are golden brown. Turn over again and fry for another minute. Drain each batch completely.

These may be prepared ahead of time provided they are drained well, allowed to cool off completely and then wrapped in foil. Reheat Shrimp Toast in a 300° oven on a cookie sheet. Serve with bottled sweet and sour sauce or with sauce recipe below. Makes 32.

Sweet and Sour Sauce:

4 Tbsp. soy sauce	1/2 c. meat stock or water
4 Tbsp. vinegar	1 1/2 Tbsp. cornstarch
4 Tbsp. sugar	1 1/2 Tbsp. water
2 Tbsp. ketchup	

Mix all ingredients together in saucepan, except cornstarch and water. Dissolve cornstarch in 1 1/2 tablespoons water. Add to ingredients and heat until thickened. (May be reheated in microwave.)

Ott and Julie Pinkston

SIX-IN-ONE COCKTAIL HASH

1/2 c. butter	1 c. very thin pretzel sticks
1/4 tsp. celery salt	
1/4 tsp. cayenne pepper	1/2 c. slivered almonds
1/4 tsp. garlic salt	1 Tbsp. Worcestershire sauce
2 c. bite-size shredded rice	1/4 tsp. onion salt
2 c. bite-sized toasted corn cereal	1 c. packaged oat cereal

SIX-IN-ONE COCKTAIL HASH (Continued)

Start heating oven at 350°. In shallow pan, melt butter; stir in Worcestershire sauce, seasonings, cereals, pretzels and almonds. Toss all together. Bake 1 hour or until well heated; stir. Cool well. Store in tight container. Makes 2 quarts.

Hints and Notes: Makes several weeks ahead, if desired.

Nancy Withers

CAROL PALMER'S SPINACH DIP

1 pkg. frozen spinach	1 tsp. celery salt
1 c. sour cream	1/4 tsp. nutmeg
1/2 c. mayonnaise	dash lemon juice
1/4 c. onion	

Thaw spinach and completely drain off all water. Place all ingredients in a blender and blend until spinach is completely blended. Place in the refrigerator and let chill. Serve with fresh vegetables, crackers or other items such as bread.

Brenda Goodman

SUGAR-KRISP POPCORN

3 qt. popped corn	1 1/2 c. brown sugar
2 Tbsp. butter or margarine	1/3 c. water

Cook sugar, butter and water to soft ball stage (238°). Pour over popcorn and mix well. Spread in shallow pan and bake at 300° for 10 minutes. Sprinkle with salt.

Frances Lynne Tatum

SUGARED PEANUTS

4 c. raw peanuts	1 c. sugar
1/2 c. water	

Boil peanuts, sugar and water until dry. Put in cookie sheet in warm oven (300°) until done, approximately 20 minutes.

Nancy C. Withers

VEGETABLE DIP

1 c. Kraft mayonnaise	1-2 Tbsp. tarragon vinegar
1/2 tsp. curry powder	2 Tbsp. grated onion
1/8 tsp. thyme	dash pepper
3 tsp. chopped chives	1/2 tsp. salt

Refrigerate at least 6 hours before serving.

Frances Lynne Tatum

VEGETABLE SANDWICH

2 cucumbers, peeled and chopped fine	1 onion (the size of an egg), grated
2 carrots, grated fine	2 tsp. lemon juice
3/4 c. celery, chopped	1/2 tsp. salt
1/4 c. green pepper, chopped	1 c. mayonnaise
	1 envelope Knox unflavored gelatine

Dissolve gelatine in 1/4 cup cold water and put into a pan of hot water until gelatine is dissolved good. Mix gelatine with vegetables in large bowl. Makes about 1 quart. Butter bread before spreading.

ZUCCHINI APPETIZERS

3 c. zucchini, unpared and thinly sliced	2 Tbsp. chopped parsley
1 c. Bisquick	1 tsp. salt
1/2 c. chopped onion	1/2 tsp. oregano
1/2 c. grated Parmesan cheese	1/2 tsp. garlic powder
	1/2 c. vegetable oil
	4 eggs, slightly beaten

Mix all ingredients. Spread in a greased 9 x 13-inch pan. Bake at 350° until brown, about 25 minutes. When cool, cut in small squares and use as appetizers. (Can add more garlic or oregano, if desired.)

Barbara Chesky



Beverages



BEVERAGES

ALMOND TEA

3 tea bags	1 tsp. vanilla
1 1/2 qt. boiling water	1 tsp. (or less) almond
10 Tbsp. lemon juice	extract
3/4 c. sugar	

Steep tea bags in 2 cups boiling water for 10 minutes. Boil 4 cups water with sugar for 5 minutes. Add lemon juice, extracts and tea. Refrigerate for 24 hours. Serve hot or cold. Serves 4.

Phoebe Webber

CAROL BLAIR'S HOT PUNCH

48 oz. cranberry juice	4 cinnamon sticks
cocktail	2 tsp. cloves
36 oz. apple juice	1/2 tsp. salt
	1/2 c. brown sugar

Combine spices in bag and place in top of percolator. Combine juices and sugar; add to percolator and perk.

Barbara Bumgarner

CHERRY PUNCH

6 oz. cherry flavored	1 (12 oz.) can frozen
gelatin	lemonade
3 c. sugar	1 (46 oz.) can pineapple
1 (12 oz.) can frozen	juice
orange juice	6 (28 oz.) bottles ginger
	ale

Dissolve cherry gelatin and sugar in 1 quart boiling water; add all the juices. Freeze. Take out of freezer 1 hour before serving time. Right before serving, add ginger ale. (You can add more ginger ale, if needed.)

Carolynn Spry

CHRISTMAS KETTLE

- | | |
|-----------------------------|--|
| 1 (48 oz.) can V-8
juice | 4 thin slices orange, cut
in halves |
| 4 Tbsp. brown sugar | 4 thin slices lemon, cut in
halves |
| 1/2 tsp. ginger | 6 whole cloves |
| 4 dashes aromatic bitters | |

Combine juice, sugar, ginger and bitters. Heat over medium flame, stirring occasionally. Serve with orange and lemon slices studded with cloves. Makes 6 mugs.

GOOD APPLE STUFF

- | | |
|-------------------------------|-----------------------|
| 2 qt. apple cider or
juice | 2 sticks cinnamon |
| 2/3 c. brown sugar | 1 tsp. whole allspice |
| | 12 cloves |

Heat apple cider and brown sugar together. Place spices in tea ball and place in hot cider mixture. Serve over orange slice in cup.

Eleanor Sifford

GREEN OR RED PUNCH

- | | |
|--------------------------------|-------------|
| 2 pkg. lime Kool-Aid | 2 c. sugar |
| 1 qt. ginger ale | 2 qt. water |
| 1 (46 oz.) can pineapple juice | |

Dissolve sugar in water. Mix in lime Kool-Aid and pineapple juice. Chill. Just before serving, add ginger ale. Serve over ice.

Cherry Kool-Aid can be used for red color instead of lime for green color.

Mrs. H. E. Withers

HAWAIIAN PUNCH

- | | |
|---|---|
| 1 can frozen orange
juice (for float) | 1 (1 qt. 14 oz. size) can
Hawaiian punch |
| 1 pkg. pink lemonade
mix or 1 pkg. jello
(lemon flavor) | 2 qt. water |
| | 1 qt. ginger ale |

Dilute orange juice per directions on can.

HAWAIIAN PUNCH (Continued)

Freeze in ring mold to float in punch bowl. Mix lemonade or jello and Hawaiian punch with cold water. Add ginger ale just before serving. Pour punch into cold punch bowl. Add float.

Variations: (1) Add 1 quart cranberry juice for Christmas punch. (2) Freeze in ring mold 1 can diluted fruit juice, soda water or ice for float or use 2 packages frozen strawberries.

Mrs. Carl Julian

HOLIDAY PUNCH

1 (46 oz.) can unsweetened pine- apple juice	1 c. sugar 1 (1 pt.) bottle cranberry juice
1 c. lemon juice	2 qt. ginger ale

Have ingredients well chilled. Combine first four and stir well. For lively bubbles, add ginger ale at the last minute. Makes 32 four-ounce punch cup servings. Punch base may be frozen, and ginger ale added when ready to serve.

Mimi Carlton

HOT APRICOT NECTAR

1 c. water	1 (12 oz.) can apricot nectar
2 Tbsp. sugar	2 Tbsp. lemon juice
4 whole cloves	cinnamon sticks (optional)
1 (3 inch) cinnamon stick	lemon slices (optional)

Combine the first 4 ingredients in small saucepan; bring to a boil, stirring until sugar dissolves. Strain mixture, discarding cloves and cinnamon sticks. Gradually add apricot nectar and lemon juice to hot mixture; heat thoroughly. Garnish with cinnamon sticks and lemon slices, if desired. Makes about 2 1/2 cups.

Janis Hudson Smith

HOT MULLED CIDER

2 qt. apple cider or juice	1 tsp. whole allspice
1/2 c. brown sugar	1 1/2 tsp. whole cloves
	2 sticks cinnamon

Mix spices in cloth bag and heat. Put orange slice in each cup when ready to serve. Can be made ahead.

Adelaide Shuping

HOT COCOA MIX

1 1/2 c. sugar (prefer- ably superfine granulated)	1 c. nondairy coffee creamer powder
1 c. instant, nonfat dry milk powder	3/4 c. unsweetened cocoa

In a large bowl, stir together the sugar, nonfat milk powder and creamer powder. Sift in cocoa; stir to thoroughly blend all ingredients. Fill a 1-quart size jar with the mixture. Screw on jar cap tightly. Store in a cool, dry place.

To make one serving, place 4-6 heaping teaspoons mix in a large cup or mug; add boiling water and stir. Makes about 4 cups mix, enough for 16 one-cup servings.

Mary Smith

ICY PUNCH

1 small pkg. raspberry gelatin	1 large can unsweetened pineapple juice
8 c. water	1 large can unsweetened orange juice
1 c. sugar	ginger ale

Boil sugar and water long enough to dissolve sugar. Remove from heat. Add gelatin and juices. Freeze. When ready to serve, remove from freezer about 1 hour beforehand. Chop frozen mixture and mix with ginger ale. If you freeze in more than one container, you can use only a partial recipe.

Montye Furr

INSTANT RUSSIAN TEA

1 large (1 lb. 2 oz.) jar Tang	1/2 tsp. ground cloves
1 c. sugar	1 tsp. ground cinnamon
	1/2 c. pure instant Lipton tea

Mix all ingredients together and store in an airtight container.

To serve: Put 2 heaping teaspoonfuls in a "coffee" cup. Fill with boiling water.

Georgi Agner

MARY LEE TAYLOR EGG NOG

6 eggs	4 c. Pet milk
1/2 c. sugar	2 c. water
few grains salt	1 tsp. nutmeg
2 Tbsp. vanilla*	

Beat eggs until light and fluffy. Beat in the sugar gradually; add salt and vanilla. Stir in milk. Sprinkle with nutmeg. Chill well before serving.

*One cup sherry or other alcoholic beverage can be used.

Nancy Withers

MEXICAN HOT CHOCOLATE

1/4 c. unsweetened cocoa	dash salt
1/4 c. sugar	1 qt. milk
3/4 tsp. cinnamon	1/4 c. light cream
	3/4 tsp. vanilla

You can store the first 4 ingredients and add remainder of ingredients at time of serving.

In a small bowl, combine cocoa, sugar, cinnamon and salt; mix well.

In a medium saucepan, heat 1 cup milk until bubbling; stir in cocoa mixture. Beat with wire whisk or rotary beater until smooth. Over low heat, bring to boiling, stirring. Gradually stir in rest of milk; return to boiling. Stir in cream and vanilla; heat gently. Before serving, beat with rotary beater until frothy. Makes 6 servings.

M. Ketner

MOCK CHAMPAGNE PUNCH

- | | |
|---|--|
| 2 (12 oz.) cans frozen
lemonade concentrate,
thawed | 2 (28 oz.) bottles club soda
2 pt. orange, lemon or lime
sherbet |
| 2 bottles chilled sparkling white grape juice | |

Pour lemonade concentrate, sparkling juice and carbonated water into punch bowl; stir until well blended.

Just before serving, add scoops of sherbet to punch, but don't stir. Serve immediately, ladling from bottom of punch bowl. Makes 28 servings.

Mary Smith

ORANGE JULIUS

- | | |
|------------------------------------|--------------------------|
| 1 small can frozen
orange juice | 9 ice cubes
1 egg |
| 1 1/2 cans water | 1 tsp. vanilla (exactly) |

Place all ingredients in blender; blend until smooth. This is a pretty and good drink perfect for late breakfast or brunch.

Julie and Ott Pinkston

RUSSIAN TEA MIX

- | | |
|-----------------------|--------------------------|
| 1 1/2 c. sugar | 2 tsp. cinnamon |
| 2 c. Tang | 1/2 tsp. cloves |
| 3/4 c. instant tea | 1/4 tsp. allspice |
| 1 pkg. lemon Kool-Aid | 1 pkg. mixed fruit jello |

Add 3 teaspoons mix to 1 cup water.

Karen L. Rogers

SLUSH

- | | |
|------------------------|-------------------------------|
| 4 c. sugar | 1 (12 oz.) can frozen lemon- |
| 6 c. water | ade concentrate, undiluted |
| 1 (46 oz.) can pine- | 5 bananas, mashed |
| apple juice | 6 (1 qt. size) bottles lemon- |
| 2 (12 oz.) cans frozen | lime, orange or ginger ale |
| orange juice concen- | flavored carbonated |
| trate, undiluted | beverage |
| | bourbon to taste (if desired) |

SLUSH (Continued)

Measure sugar and water into saucepan. Heat, stirring until sugar dissolves. Bring to boiling and boil 1 minute. Refrigerate until cold. Mix chilled mixture with pineapple juice, orange juice and lemonade concentrates and bananas. Pour into five 1-quart size containers; cover, label and freeze.

At serving time, half fill tall glasses with lemon-lime soda; spoon in frozen mixture to fill. Serve with spoons and straws. Makes 30-35 glasses.

Mary Smith

SPARKLING STRAWBERRY PUNCH

- | | |
|---------------------------------------|--|
| 2 (10 oz.) pkg. frozen strawberries | 2 (28 oz.) bottles ginger ale, chilled |
| 1 (6 oz.) can lemonade concentrate | 1 (28 oz.) bottle club soda, chilled |
| 1 (4/5 qt.) bottle Rose wine, chilled | 2 trays ice cubes |
| | 1/4 c. sugar |
| | orange slices (for garnish) |

In blender at high speed, combine strawberries and undiluted lemonade. Add sugar. Immediately before serving, add ginger ale, club soda and wine. Float orange slices in punch.

Note: Strawberry mixture may be frozen ahead of time. Serves 36 one-half cup servings.

Sue Weddington

SPICED TEA

- | | |
|--------------------------------|------------------------|
| 1/2 c. instant tea | 1/2 tsp. ground cloves |
| 1 c. Tang (1 small jar) | 1 c. sugar |
| 1 small size pkg. lemonade mix | |

Mix ingredients together and store in airtight glass jar. Use 2 to 3 teaspoons in 1 cup of hot water.

This is handy to have when a friend stops in for a cup of tea.

Mathey S. Wyatt

SPICED TEA

1 qt. boiling water	1 small can lemonade
8 tea bags (or 4 double)	1 small can orange juice
1 stick cinnamon	1 1/2 c. sugar
2 sprigs mint	

Combine the first 4 ingredients in saucepan and let simmer 20 minutes. Mix the next 3 ingredients together and combine with tea. Add all of this in a gallon jar and fill remaining container with water. Let refrigerate for 24 hours.

Serve with a sprig of mint and a slice of lemon. Great for luncheons!

Carolynn Spry

SPICED CIDER

1/2 tsp. cinnamon	2 tsp. lemon juice
1/4 tsp. ginger	1 lemon, sliced
1/2 tsp. cloves (ground)	juice of 2 oranges
1 c. sugar	1/2 orange, sliced
2 c. water	1 gal. cider

Bring spices and sugar to boil in the water. Add juices and cider; let simmer 20 minutes.

Carolynn Spry

SPICY PERCOLATOR PUNCH

Small Group:

2 c. cranberry juice	1/3 c. packed brown sugar
2 1/2 c. pineapple juice	3 (2 inch) sticks cinnamon
1/2 c. water	1 1/2 tsp. whole cloves
	1/2 tsp. whole allspice

Place cranberry juice, pineapple juice, water and brown sugar in percolator. Place cinnamon, cloves and allspice in basket; perk as for coffee.

Large Group:

3 (1 1/2 qt.) bottles cranberry juice	5 qt. pineapple juice 4 c. water
--	-------------------------------------

SPICY PERCOLATOR PUNCH (Continued)

2 2/3 c. brown sugar	4 Tbsp. whole allspice
4 Tbsp. whole cloves	24 (2 inch) sticks whole cinnamon

Place all liquids and sugar in a 50-cup percolator; stir until sugar is dissolved. Place filter paper in basket and add spices. Percolate as for coffee.

Carrie S. Beard

TEA

1 large can pineapple juice	1 large can orange juice juice of 3 lemons (1/4 c.)
-----------------------------	--

Make 2 quarts of tea to drink and add juices. Make a spice bag of the following:

4 cinnamon sticks	1 Tbsp. whole allspice
1 Tbsp. whole cloves	

Bring to a boil. It may need another cup of sugar. Let set 12 hours.

Nancy Lippard

TANG PUNCH

1 c. Tang	1 large can pineapple juice
4 c. water	1 large bottle ginger ale

Serves 20.

Mrs. Carl Julian

VODKA PUNCH

3 (6 oz.) cans unsweetened, undiluted orange juice	3 (28 oz.) bottles ginger ale
3 (12 oz.) cans apricot nectar	1 fifth vodka
	3 large cans pineapple juice

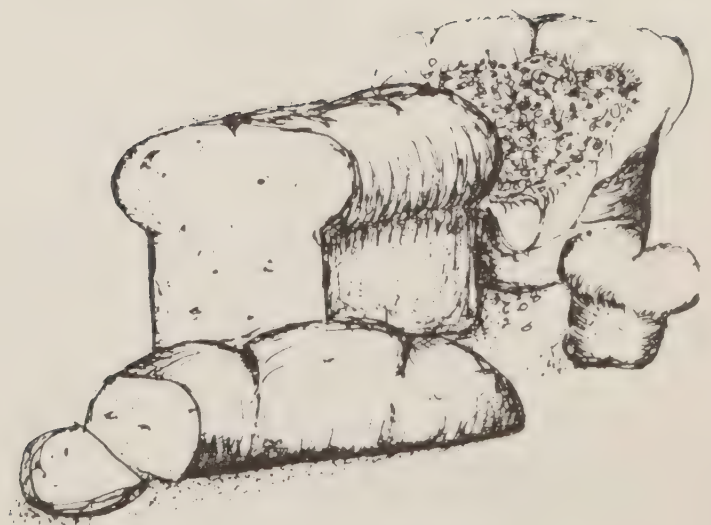
Mix together and serve. Serves 65. Can be frozen and served as a frozen drink after blending in blender.

Frances Lynne Tatum

** EXTRA RECIPES **



Breads



BREADS

ANGEL BISCUITS

5 c. self-rising flour	1 pkg. yeast, dissolved in
3 Tbsp. sugar	3 Tbsp. lukewarm water
3/4 c. soft Crisco	2 c. buttermilk

Mix, knead, roll, cut out and bake in a 425° oven for 15-20 minutes. This dough will keep several weeks in the refrigerator in a covered container.

Nancy C. Withers

BANANA NUT BREAD

1/2 c. butter or margarine	3 Tbsp. carob powder (optional)
1 c. honey or brown sugar	1/2 tsp. baking soda
2 large eggs	1 tsp. baking powder
1 c. mashed ripe bananas	1/2 tsp. salt (optional)
2 c. whole wheat or unbleached white flour	2/3 c. milk
	1 tsp. vanilla (optional)
	1 c. chopped nuts

Cream the butter and honey; add eggs and mix well. Stir in mashed bananas. Sift dry ingredients together and add to creamed mixture alternately with milk. Beat only until smooth. Add vanilla and nuts. Pour into well-oiled loaf pan, 8 x 4 x 2 inches, and bake in a 350° oven for 50-60 minutes or until toothpick in center comes out clean. Makes 1 loaf.

Hint: Make a few days ahead of time to be used and wrap in foil. It tastes more moist with time!

Luann Rufty

BANANA MUFFINS

1/2 c. butter	1 tsp. soda, dissolved in
1 c. sugar	1 Tbsp. water
1 egg	1 3/4 c. flour
1 c. mashed bananas	1 tsp. nutmeg
	1/2 tsp. salt

(Continued on Page 30)

BANANA MUFFINS (Continued)

Cream sugar and butter; add egg and bananas. Mix well. Add soda, flour and remaining dry ingredients. Bake at 375° in paper-lined muffin tins.

Lottie Plyler

BANANA NUT BREAD

2 1/2 c. flour (all-purpose)	3 Tbsp. salad oil
1 1/4 c. sugar	3/4 c. milk
3 1/2 tsp. baking powder	1 egg
1 tsp. salt	1 c. chopped pecans
	3 mashed bananas (1 1/4 c.)

Grease and flour a 9 x 5 x 3-inch loaf pan or two 8 x 4 x 2-inch pans. Mix ingredients and beat on medium speed for 1/2 minute. Bake for 60 minutes at 350°. Remove from pan and cool before slicing. Makes 8-10 servings.

Note: If self-rising flour is used, omit the baking powder and salt.

Joyce Roof

BANANA NUT BREAD

1/2 c. butter	1 c. sugar
2 eggs	2 c. flour
1 tsp. soda	2 mashed bananas
1/2 c. chopped nuts	

Preheat oven to 350°. Cream butter and sugar together. Sift together the flour and soda. Alternately add eggs and sifted flour and soda. Add mashed bananas and nuts. Mix. Bake in a greased loaf pan for 1 hour at 350°. Serves 12-15.

Melanie Smith

BANANA MUFFINS

1 c. sugar	1 Tbsp. water
1/2 c. butter or shortening	1 3/4 c. flour
1 egg	1 tsp. vanilla
1 c. banana, creamed	1 tsp. nutmeg
1 tsp. soda	1/2 tsp. salt

BANANA MUFFINS (Continued)

Cream sugar and butter; add egg and mix well. Add bananas. Dissolve soda in water and add to batter. Sift dry ingredients together and add gradually; mix well. Spoon into greased muffin tins. Bake at 375° for 20-25 minutes. When cool, roll in powdered sugar.

Evelyeen Smith

KATHRYN CARTER'S BANANA BREAD (No Sugar)

1 1/2-2 c. mashed ripe bananas	2 c. whole wheat flour
1/4 c. oil (safflower)	1/4 c. wheat germ or oatmeal
1/2 c. honey	1 tsp. sea salt
2 eggs, lightly beaten	1 tsp. baking soda
1 tsp. vanilla	1/2 c. chopped nuts (walntus, almonds or pecans)

Preheat oven to 350°. Mix bananas, oil, honey, eggs and vanilla. Mix flour, wheat germ or oatmeal, salt and soda, then add dry ingredients to banana mixture in 2-3 parts, beating well. Fold in nuts. Place batter in buttered, 9 x 5 x 3-inch baking pan (loaf pan) and bake for about 1 hour. Enjoy it!

BEER BREAD

1 (12 oz.) bottle beer (not refrigerated)	3 1/4 c. self-rising flour 3 Tbsp. sugar
--	---

Mix the beer with flour and sugar until a sticky dough is formed. Allow to rise in a covered bowl for an hour or so. Preheat oven to 350°. Bake in a well-greased loaf pan for 1 hour or until lightly browned. Allow to cool slightly and serve warm.

Mrs. W. Luther Miller

HARDEE'S BISCUITS

4 c. plain flour	2 Tbsp. baking powder
2 Tbsp. sugar	3/4 c. Crisco
2 c. buttermilk	

(Continued on Page 32)

HARDEE'S BISCUITS (Continued)

Mix flour, baking powder, sugar and shortening. Shake in large Tupperware bowl with sealable lid. Add buttermilk and shake again. Work dough into ball with extra flour. Roll out and cut into large biscuits. Bake at 425° for 12 minutes.

Mrs. Edith Julian

BOJANGLE'S BISCUITS

2 c. self-rising flour	6 Tbsp. shortening
2 tsp. baking powder	1 c. buttermilk
2 tsp. powdered sugar, sifted	

When kneading bread, you may need to add more flour so it will not be sticky. When biscuits begin to rise, brush with melted butter. Bake at 450° until done.

Carole Blair

CORN BREAD

1/2 c. sour cream	1/2 c. oil
1 c. creamed corn	1 c. self-rising corn meal
3 eggs	

Mix ingredients together and bake for 30 minutes at 375°.

Lottie Plyler

FLAT DUMPLINGS

3 c. plain flour	dash salt
1 egg	water to make a stiff, dry dough

Roll small pieces of dough paper thin and cut into squares. Drop one by one into boiling stock.

Mrs. Francis Aull

GRANDMA'S CORN BREAD

2 c. corn meal	1 1/2 tsp. salt
2 tsp. baking powder	2 c. buttermilk
1 tsp. soda	3 Tbsp. sugar

GRANDMA'S CORN BREAD (Continued)

2 eggs

1/2 c. melted shortening

Mix all together and bake at 425° for 45 minutes. Use a shallow pan for good browning. Have oven hot.

Mrs. Carl Julian

JULEKAKA (Scandinavian Christmas Bread)

1 (13 3/4 oz.) pkg.
hot roll mix

2 Tbsp. sugar

1 egg

3/4 c. warm milk

2 tsp. ground cardamom

2 Tbsp. melted butter

1 c. raisins

In large bowl, dissolve yeast from hot roll mix in warm milk. Stir in butter, sugar, egg, cardamom and raisins; gradually add flour mixture from hot roll mix, beating well until dough is stiff. Cover and let rise in a warm place until double in bulk, about 2 hours or longer.

Turn dough onto a lightly-floured board and knead until smooth. Grease two 1-pound coffee tins. Shape dough into round loaves, put in tins and brush with butter. Cover and let rise until double in size. Bake at 350° for 35-40 minutes.

Mildred A. Lang

LOW CALORIE BRAN MUFFINS

1 c. all-bran

1 tsp. soda

1 c. skim milk

1/2 c. honey

1 egg

1/2 c. raisins

1 c. whole wheat flour

Soak bran in milk; add flour, soda, egg, honey and raisins. Mix thoroughly. Bake at 350° for 15-20 minutes. Spray muffin tins with Pam. Muffins have approximately 50 calories each.

Katherine Goodman

CORN BREAD

1 c. corn meal	1/4 c. cooking oil
1 c. plain flour	2 eggs
1/2 tsp. salt	1 c. milk
1/4 c. sugar	4 tsp. baking powder

Mix all together; do not overbeat. Bake at 400° for 35-40 minutes or until done.

Hazel Kluttz

CORN BREAD

1/2 c. oil	1 (8 oz.) can cream-style corn
1 c. self-rising corn meal	1/2 c. sour cream
2 eggs	

Mix by hand. Pour in greased casserole dish. Bake at 450° for 30 minutes or until brown. Serves 6-8.

Jean Rufty

SPANISH CORN BREAD

1 egg	1/2 c. grated Cheddar cheese
1/4 c. oil	1-2 Tbsp. chopped hot pepper
1/2 c. milk	3/4 c. self-rising corn meal
1/2 c. cream-style corn	
3 Tbsp. sugar	

Mix together in order given. Pour into hot, greased, 8-inch square pan. Bake for 45 minutes at 400°.

Eleanor Sifford

ONION CHEESE BREAD

1/2 c. chopped onion	1/2 c. milk
2 Tbsp. butter	1/2 c. grated sharp Cheddar cheese
1 1/2 c. biscuit mix	2 Tbsp. butter
1 egg	

Saute onion in butter. In an 8-inch, square pan, melt the other 2 tablespoons butter. Mix all

ingredients and pour in the buttered pan. Sprinkle with sesame seed, if desired. Bake 20 minutes in a 400° oven.

Helen Lentz

HOT CHEESE BREAD

1 jar Kraft Old English cheese spread	a few drops Tabasco sauce
1 stick butter, softened	1 loaf Pepperidge Farm very thin white bread

Let butter soften at room temperature and cheese spread stand at room temperature; mix together. Add Tabasco sauce to taste.

Spread mixture on 3 slices of bread; stack on top of each other. "Ice" all sides with cheese mixture and cut into 3 pieces. Bake in a 350° oven for 15-20 minutes.

Freezes nicely. Take out about 1 hour before baking and bake.

Peggy Coble

CRANBERRY-NUT BREAD

2 c. all-purpose flour	1 egg, well beaten
1 tsp. soda	1 c. whole cranberry sauce
1/2 tsp. salt	1 c. chopped pecans or walnuts
1/4 c. sugar	
1/2 c. buttermilk	

Combine dry ingredients in a mixing bowl. Add buttermilk, egg and cranberry sauce; stir well. Do not beat. Stir in pecans.

Spoon batter into a well-greased, 8 1/2 x 4 1/2 x 2 1/2-inch loaf pan. Bake at 300° for 1 hour or until bread tests done. Makes 1 loaf.

Barbara Bumgarner

MONKEY BREAD

1 c. milk	1 c. butter
4 Tbsp. sugar	1 tsp. salt
1 pkg. yeast	3 1/2 c. flour (plain)

Melt 1/2 cup butter and add milk; warm to 110°-115°. Stir in sugar, salt and yeast (until yeast is dissolved). Place flour in a bowl; make a "well" in middle of flour and pour in liquid. Stir until blended. Cover and let rise until doubled in size, 1 hour or more.

Turn dough onto floured surface. Roll 1/4-inch thick. Cut in 3-inch squares. Dip each square in remaining melted butter. Layer squares in tube or Bundt pan. Let rise until doubled, 30-45 minutes. Bake at 350° for 30-40 minutes. Invert on plate. Pull off squares to eat.

Edith Julian

YEAST BISCUITS

5 c. self-rising flour	1 c. Crisco
1/4 c. sugar	2 c. buttermilk
2 pkg. dry yeast, dissolved in 2 Tbsp. water	

Sift together the flour and sugar; blend in Crisco. Add dissolved yeast to buttermilk and combine with flour. May be chilled overnight. Can bake and then freeze biscuits or keep dough in refrigerator for 2 weeks.

Delores Thomas

COTTAGE CHEESE PANCAKES

6 beaten eggs	1/2 c. flour
1 1/2 c. small curd cottage cheese	pinch salt

Mix and fry in butter. Serve with sour cream and fruit syrup. Serves 3.

Ruby Rufty Rutherford

YOGURT PANCAKES

2 eggs	1 1/2 c. flour
2 Tbsp. sugar	2 1/2 tsp. baking powder
1 c. yogurt	1/2-1 c. milk
2 Tbsp. oil	fruit
1 tsp. salt	

Beat eggs with sugar. Add yogurt. Add oil. Stir in flour, salt and baking powder; thin with milk. Add fruit. Cook on griddle at 380°.

Frances F. Tatum

PUMPKIN BREAD

1 tsp. cinnamon	1 c. cooking oil
1 tsp. nutmeg	4 eggs
1 1/2 tsp. salt	1/2 c. nuts
3 c. sugar	

Beat together all but nuts. Add the following:

1 c. (or more) pumpkin	2 tsp. soda
2/3 c. water	3 c. plain flour

Add nuts. Grease and flour three 1-pound coffee cans or loaf pans. Bake at 350° for 1 hour. Slide out of cans and let cool. Serves 20.

Note: Can be used as a bread or served as a dessert with whipped cream or cream cheese. Good toasted with butter.

Hope R. Uzzell

SIX-WEEK BRAN MUFFINS

6 c. all-bran cereal	4 beaten eggs
2 c. boiling water	1 qt. milk
1 c. liquid shortening	5 c. flour
3 c. sugar (I use 2 1/2 c.)	2 tsp. salt
	4 Tbsp. baking powder

Put 2 cups all-bran in large bowl; pour boiling water over. Sift flour, salt and baking powder. Mix 4 cups all-bran with sugar, eggs and milk. Mix

(Continued on Page 38)

SIX-WEEK BRAN MUFFINS (Continued)

shortening with number 1 mixture, then add mixtures 2 and 3. Cover and store in refrigerator overnight. Bake at 400° for 20 minutes. Makes 60. Unused batter keeps in refrigerator.

STRAWBERRY NUT BREAD

2 c. sugar	1 1/4 c. oil
3 c. flour	1 1/2 c. pecans, chopped
1 tsp. soda	1 (10 oz.) pkg. frozen
1 tsp. salt	strawberries, thawed and
1 tsp. cinnamon	undrained
4 eggs	

Mix dry ingredients and set aside. Combine eggs and oil; beat until well blended. Add to dry ingredients; mix well. Fold in nuts and strawberries. Pour into two, well-greased and floured loaf pans. Bake at 350° for 1 hour.

Helen Lentz

STRAWBERRY NUT BREAD

2 c. all-purpose flour	2 c. sugar
1 tsp. baking soda	4 eggs, beaten
1 tsp. salt	1 1/4 c. vegetable oil
1 Tbsp. ground	2 c. thawed, sliced, frozen
cinnamon	strawberries
	1 1/4 c. chopped pecans

Combine dry ingredients; add eggs, oil, strawberries and pecans. Stir just until all the ingredients are moistened. Spoon batter into a well-greased, 9 x 5 x 3-inch loaf pan. Bake at 350° for 60-70 minutes or until bread tests done. Cool in pans for 5 minutes; remove to wire rack to cool. Makes 2 loaves.

Peggy Rouzer

YEAST BISCUITS

3 c. flour	1/2 tsp. soda
2 tsp. sugar	1 pkg. yeast, dissolved in
2 tsp. baking powder	1/2 c. warm water
1 tsp. salt	1 c. buttermilk

YEAST BISCUITS (Continued)

Sift dry ingredients together. In center of flour, make a small well and add a small lump of shortening. Add yeast and buttermilk. If needed, add more milk and keep dough as soft as possible. Knead lightly on floured board; roll and cut. Put on greased baking sheet and brush dough with melted butter. Let rise 1 hour or a little longer. Bake at 425°.

Lottie Plyler

ZUCCHINI BREAD

3 eggs, beaten	1 tsp. baking powder
2 c. sugar	1 tsp. soda
3 tsp. cinnamon	3 c. flour
1 tsp. salt	2 c. grated, peeled zucchini
1 c. oil or 1 stick margarine and	1 c. chopped nuts
1 c. shortening	1 tsp. vanilla

Beat eggs well. Combine sugar, cinnamon and salt. Add to eggs. Add oil. Combine soda, baking powder and flour. Add to mixture. Fold in zucchini, nuts and vanilla. Divide batter into two 9-inch loaf pans. Bake at 325° for 1 hour. Can be frozen.

** EXTRA RECIPE **

** EXTRA RECIPES **



Salads & Dressings



ALL AMERICAN POTATO SALAD

6 medium-sized Maine or Long Island potatoes	1/4 tsp. pepper
1/4 c. vegetable oil	3/4 c. mayonnaise
1/4 c. cider vinegar	1/4 c. light cream
1 medium onion, chopped	3 hard-cooked eggs, peeled and diced
2 1/2 tsp. salt (correct)	1 c. sliced or chopped celery
	Boston lettuce

Cook potatoes until tender, about 30 minutes. Peel potatoes and cut into thin slices. Place in large bowl. Combine oil, vinegar, onion, salt and pepper in a screw-top jar. Cover jar and shake to mix.

Pour dressing over potatoes and toss to blend. Cover bowl and chill. Before serving, stir mayonnaise with light cream in a small bowl until smooth; pour over potatoes and toss to coat. Add diced eggs and celery to salad.

Mrs. Mary O. Epting

ASPARAGUS CONGEALED SALAD

2 c. sugar	1 c. pecans, chopped
2 c. water	2 (1 lb.) cans asparagus, drained
1 c. vinegar (white)	2 tsp. onion, chopped fine
1 tsp. salt	juice of 1 lemon
2 (4 oz.) pkg. plain gelatin	2 cans pimentos (small), drained and chopped
2 c. celery, chopped	

Put the first 4 ingredients in a saucepan; let come to a boil. Dissolve gelatin in one cup cold water. Add to hot ingredients. When cool, add other ingredients that have been drained. Add lemon juice. Put in mold and let congeal.

Note: For medium amount, I halve the recipe.

Mathey S. Wyatt

ASPARAGUS SALAD

- | | |
|----------------------|--------------------------|
| 1 c. sugar | 1 tsp. grated onion |
| 1 c. water | 1/2 c. pecans, chopped |
| 1/2 c. white vinegar | 1 can asparagus, drained |
| 1/2 tsp. salt | and cut |
| 2 envelopes gelatin | juice of 1/2 lemon |
| in 1/2 c. cold water | |

Bring the first 4 ingredients to a boil; dissolve remaining ingredients in this hot mixture.

Pauline Tatum

BING CHERRY SALAD

- | | |
|---------------------------------------|----------------------------------|
| 1 small pkg. lemon
or cherry jello | 1 small can crushed
pineapple |
| 1/2 pkg. unflavored
gelatine | orange juice |
| 1/2 c. sugar | 1 Tbsp. lemon juice |
| 1 can pie cherries | 1/2 c. chopped pecans |

Put cherries in small bowl and cover with sugar; set aside. Drain juice from pineapple. Add enough orange juice to make 1 cup, plus the lemon juice. Boil the juice and pour over jello. Dissolve gelatin with cold water and add to jello. Combine the cherries and sugar, pineapple and pecans with the jello mixture. Refrigerate in a square pan. Serves 9 generously.

Mimi Carlton

CHERRY-CRANBERRY SALAD

- | | |
|--------------------------------|---|
| 2 (3 oz.) pkg. cherry
jello | 1 (16 oz.) can whole
berry cranberry sauce |
| 2 c. boiling water | 1 pt. sour cream |

Dissolve jello in boiling water; add whole berry cranberry sauce. Cool to soft jell before adding sour cream. Serve on lettuce leaf.

Mrs. Faye Misenhour

CONGEALED ORANGE SALAD

- | | |
|---|--|
| 2 pkg. orange jello | 1 small (8 oz.) carton
cottage cheese |
| 1 large can crushed
pineapple with juice | 1/2 c. grated Cheddar cheese |

CONGEALED ORANGE SALAD (Continued)

- 1/4 c. mayonnaise
- 1 pkg. Dream Whip
- 1/4 c. chopped nuts (optional)

Dissolve jello in 1 cup of hot water. Combine with all ingredients, except Dream Whip. Partially congeal. Prepare Dream Whip according to directions; fold into partially congealed jello. Replace in refrigerator and continue to congeal.

Sally Grissom

CONGEALED PINEAPPLE LIME SALAD

- 1 pkg. lime flavored gelatin
- 1 small bottle or can of ginger ale (approximately 1 c.)
- 1 pkg. lemon flavored gelatin
- 2 c. boiling water
- 1 (No. 2) can crushed pineapple

Dissolve gelatin in boiling water; let stand until cool. Add ginger ale and pineapple, undrained. Turn into large mold and refrigerate until firm. Serve on lettuce with favorite dressing. Yields 6-8 servings.

Mrs. R. L. Glover

CONGEALED TUNA SALAD

- 1 envelope Knox unflavored gelatine
- 2 Tbsp. chopped olives
- 1/4 c. cold water
- 3/4 c. mayonnaise
- 1 (6 1/2 oz.) can tuna
- 1/2 tsp. salt
- 1/2 c. chopped celery
- 1/4 tsp. paprika (optional)
- 1/2 c. finely-chopped bell pepper
- 1 Tbsp. vinegar
- few grains cayenne pepper (optional)

Soften gelatine in cold water. Place dish over boiling water and stir well (until gelatine is dissolved). Cool. Add mayonnaise, tuna, celery, bell pepper, olives, salt, vinegar, paprika and cayenne pepper; mix well. Fill small individual molds or 1 large mold. Chill at least 4 hours. Serves 6, depending on size of mold. Serve with crackers on a lettuce leaf.

Ruth K. Uzzell

CROWN JEWEL SALAD

- | | |
|---|--|
| 1 (3 oz.) pkg. lime jello | 1/4 c. sugar |
| 1 (3 oz.) pkg. orange jello | 1 (3 oz.) pkg. lemon jello |
| 1 (3 oz.) pkg. cherry jello | 1/2 c. cold water |
| 3 c. boiling water | 2 envelopes Dream Whip |
| 1 c. pineapple juice, drained from 1 (20 oz.) can crushed pineapple | plus 1 c. cold milk and 1 tsp. vanilla or 1 (9 oz.) carton Cool Whip |

Prepare lime, orange and cherry jello separately, using 1 cup boiling water and 1/2 cup cold water for each. Pour into separate, 8 x 8-inch, square pans. Chill until firm. Cut into 1/2-inch cubes.

Heat pineapple juice to boiling; remove from heat. Add sugar and lemon jello; stir. Add 1/2 cup cold water. Chill until syrupy.

Prepare Dream Whip. Fold in syrupy lemon jello; then fold in pineapple and jello cubes. Chill 6-8 hours or overnight. Cut in squares.

Mrs. Mary O. Epting

CUCUMBER SALAD

- | | |
|-----------------------------|------------------------------|
| 1 pkg. lime Jell-O | 1/2 c. mayonnaise |
| 1 c. hot water | 1 c. cucumbers, finely diced |
| 1/2 c. cold water | 1 c. celery, finely diced |
| 1 Tbsp. vinegar | 1 Tbsp. grated onion |
| 1 (3 oz.) pkg. cream cheese | |

Dissolve Jell-O in water and vinegar. Blend cream cheese and mayonnaise; add to Jell-O mixture. Combine all ingredients. Mold and chill. Serves 8 generously.

Margaret Buie

CURRIED FRUIT

- | | |
|--------------------------|--|
| 3/4 stick butter | 1 (No. 2) can peach slices |
| 1 c. light brown sugar | 1 (No. 2) can pear halves |
| 1 tsp. curry powder | 1 (No. 2) can pineapple slices or chunks |
| 1 jar spiced apple rings | |
| maraschino cherries | |

CURRIED FRUIT (Continued)

Combine butter, sugar and curry powder; bring to a boil. Drain the fruit. Arrange in a shallow, 2-quart baking dish and pour hot sauce over it. Garnish with cherries. Bake at 325° for 35 minutes. Serve hot. Serves 8-10.

Eleanor Sifford

CRANBERRY SALAD

- | | |
|----------------------------------|------------------------------|
| 1 (1 lb.) pkg. fresh cranberries | 2 c. water |
| 1 large can crushed pineapple | 2 (3 oz.) pkg. lemon gelatin |
| 2 c. sugar | 2 c. Tokay grapes, halved |
| | 1 c. chopped pecans |

Combine cranberries, sugar and water; boil 5 minutes until cranberries have popped. Drain cranberries and pineapple, reserving liquid. Dissolve gelatin in hot liquid; add water to make 4 cups. Combine all ingredients and pour into molds. Chill. Unmold on salad greens.

Mrs. R. L. Glover

CREME DE MENTHE FRUIT MOLD

- | | |
|----------------------------|--------------------------------------|
| 1 1/2 c. boiling water | 1 1/2 c. green seedless grapes |
| 1 (3 oz.) pkg. lemon jello | 2 c. diced canned pineapple, drained |
| 3 Tbsp. creme de menthe | 2 c. grapefruit sections, drained |

Dissolve jello in boiling water; add creme de menthe. Chill until slightly congealed. Mix in remaining ingredients. Pour into lightly-oiled, 6 1/2-cup ring mold. Chill until set.

Unmold on salad greens; garnish as desired. Serves 8.

Mrs. W. Luther Miller

FANTASTIC FRUIT

3 bananas	1 can peach pie filling
1 large can pineapple	1 Tbsp. lemon juice
1 can Mandarin oranges	maraschino cherries
1 can fruit cocktail	

Chop fresh bananas and sprinkle with lemon juice. Drain well the pineapple, Mandarin oranges and fruit cocktail. Combine above with peach pie filling and place in large, crystal serving bowl. Garnish with maraschino cherries and chill for 2 hours. Serves 12.

Betty R. Huddle

FIVE-CUP SALAD

1 c. Mandarin oranges	1 c. miniature marshmallows
1 c. pineapple tidbits	1 c. shredded coconut
1 c. sour cream (1 small container)	

Mix all together and serve chilled. White grapes may be substituted for oranges. Serves 8-10 people.

Nancy C. Withers

FROZEN FRUIT CUPS

1 pt. sour cream	1/4 c. maraschino cherries,
2 tsp. lemon juice	chopped
3/4 c. sugar	3 bananas, peeled and
1/8 tsp. salt	mashed
1 (8 1/4 oz.) can	1/4 c. chopped pecans
crushed pineapple, undrained	

Blend sour cream, sugar and salt. Mash bananas and sprinkle with lemon juice. Stir fruit and nuts into sour cream mixture. Pour into muffin tins lined with paper muffin cups. Freeze until firm. Store in plastic bags. Yields about 1 1/2 dozen.

Evelyeen Smith

FRESH CRANBERRY SALAD

1 lb. fresh cranberries	2 c. sugar
1 orange, deseeded	1 small pkg. cherry jello

FRESH CRANBERRY SALAD (Continued)

1 small pkg. lemon jello	1 c. nuts
2 c. hot water	2 c. apples
	1 small can crushed pine- apple

Wash and drain cranberries; grind in small portions in blender. Also grind orange in blender. Add sugar to cranberries and orange; let stand 1 hour. Dissolve cherry and lemon jello in hot water; add jello to cranberry solution. Cool. Add nuts, apples and crushed pineapple. Put in container or individual molds. Chill. Serves at least 8.

Kay Smith

LIME COTTAGE CHEESE SALAD

1 pkg. lime jello	1/2 lb. cottage cheese
1 c. boiling water	1 Tbsp. horseradish
1/2 c. crushed pineapple	1/4 c. nuts (optional)
1/2 c. mayonnaise	decorate bottom of mold with pimentos (optional)
1/2 c. canned milk	

Dissolve jello in hot water and cool. Mix together other ingredients and place in refrigerator until congealed. Serve on lettuce leaves.

Addie Ketner

LIME JELLO SALAD

3 oz. lime Jell-O	1/2 c. mayonnaise
1 c. cottage cheese	1 small can evaporated milk
1 c. pineapple juice	

Heat pineapple juice; dissolve Jell-O in this. Add mayonnaise; mix well. Add cheese and milk. Put in oiled molds and refrigerate. Makes 8-10 servings.

Eula Kirk

LIME JELLO SALAD

- | | |
|-------------------------------|--|
| 2 (3 oz.) pkg. lime jello | 1 small carton Cool Whip or 1 pkg. Dream Whip, mixed |
| 2 c. boiling water | |
| 1 small can crushed pineapple | |

Dissolve jello with boiling water. Add some ice cubes to cool. Add pineapple and juice. Jell until thickened. May do this in freezer for about 55 minutes. Then mix in Cool Whip and blend well. Pour in mold and jell until firm. Chopped nuts or cherries can be added!

Joyce Roof

GREEN PEA LETTUCE SALAD

- | | |
|--------------------------------------|--------------------------|
| 1 head lettuce | 1 c. onion, chopped |
| 1 (16 oz.) can LeSueur peas, drained | 2 c. mayonnaise |
| 2 c. celery | 1 c. grated Swiss cheese |

Shred the lettuce and place in a long, rectangular Pyrex dish. Then sprinkle the vegetables (peas, celery, onion) in the above sequence on the lettuce. Spread the mayonnaise on top and sprinkle with Swiss cheese. Refrigerate 24 hours before serving. Serves twelve.

Mrs. Delores A. Thomas

JELLY BEAN SALAD

- | | |
|---|-------------------------------------|
| 1 (20 oz.) can crushed pineapple, drained | 1/4 tsp. salt |
| 3 oz. cream cheese | 2 Tbsp. Miracle Whip salad dressing |
| 1/2 c. chopped pecans | 1 apple, cut up |
| 1 Tbsp. lemon juice | 1/2 c. jelly beans |

Mix all ingredients, except jelly beans. Add them just before serving.

Louise Faggart

MACARONI SALAD

2 c. macaroni

3/4 c. bottled Italian
dressing

Cook macaroni; drain and cool. Add dressing and chill overnight or at least 3-4 hours. A few hours before serving, add the following:

1 c. chopped celery

3/4 c. chopped green

1/2 c. chopped onion

pepper

3/4 c. shredded carrots

1/2 c. grated medium cheese

Just before serving, add 1 cup sour cream.

ORANGE JELLO SALAD

1 large (6 oz.) box
orange jello

1 c. crushed pineapple,
drained

1 c. boiling water

1 1/3 c. miniature

1 pt. orange sherbet

marshmallows

1 can Mandarin

1 pt. Cool Whip

oranges, drained

Dissolve jello in hot water. Mix sherbet, orange slices and crushed pineapple. Put in refrigerator. When it begins to jell, add marshmallows and Cool Whip. Return to refrigerator to jell.

Annie Julian

ORANGE-LEMON SALAD

1 pkg. orange jello

1 large can crushed pine-
apple (reserve 1 c. juice)

1 pkg. lemon jello

3 bananas, diced

2 c. boiling water

1 c. miniature marshmallows

Add 1 1/2 cups cold water to jellos, after dissolving in the hot water. Let it partially congeal and add drained pineapple, reserving 1 cup pineapple juice, diced bananas and marshmallows.

Topping:

1/2 c. sugar

2 Tbsp. flour

(Continued on Page 50)

ORANGE-LEMON SALAD (Continued)

1 egg, beaten
1 c. pineapple juice

2 Tbsp. margarine

Add flour to sugar; add beaten egg, then the pineapple juice and margarine. Boil until thickened. Let cool completely and add 3 or 4 ounces Cool Whip. Spread on top of jello.

Adelaide Shuping

ORANGE SHERBET SALAD

(Serves 10-12)

2 (3 oz.) pkg. gelatin
(orange flavor)

1 c. boiling water

1 pt. orange sherbet

1 (8 1/2 oz.) can

crushed pineapple, undrained

1 c. miniature marshmallows

1 (11 oz.) can Mandarin
oranges, drained

1/2 pt. whipping cream,

whipped, or Dream Whip

Serve on lettuce with crackers or use as a dessert.

Dissolve gelatin in boiling water; add orange sherbet and stir until dissolved. When partially set, add other ingredients. Fold in whipped cream last. Chill until firm. Dampen dish before using. Use a 9 x 13-inch Pyrex dish.

Cora Lee Dry

(Mrs. T. E. Dry)

PEGGY'S WHIPPED CREAM SALAD DRESSING

4 egg yolks

6 Tbsp. sugar

4 Tbsp. vinegar

1 tsp. salt

1 tsp. prepared mustard

1 c. miniature marshmallows
(12 whole ones, cut up)

1/2 c. pecans

1/2 pt. whipping cream.

whipped, or 1 (8 oz.)

carton Cool Whip

Cook until thick, stirring constantly: Egg yolks, sugar, vinegar, salt and mustard. Use a heavy-bottomed, small pan. Add marshmallows and nuts; mix. Allow to cool.

Whip cream in small mixer bowl until thick. Fold in

PEGGY'S WHIPPED CREAM SALAD DRESSING (Continued)

cooled egg mixture until just blended. Chill.
Serve with any fresh or canned fruit platter or individual salads.

Jean Logan Hudson

PINEAPPLE CHEESE SALAD

1 small can crushed pineapple	1/4 c. cold water
1/4 c. sugar	1 small can Pet milk
1 envelope plain gelatine	1/4 c. grated cheese
	1/4 c. nuts
	dash salt

Bring to a boil the crushed pineapple and 1/4 cup sugar. While this cools, mix gelatine in cold water. Add this to warm mixture and cool. Whip chilled Pet milk and mix together with grated cheese; add salt and nuts.

Ruby Harrill

POPPY SEED DRESSING

2/3 c. honey	6 Tbsp. French's prepared mustard
1 tsp. salt	3-4 Tbsp. poppy seed
white pepper	2 c. Wesson oil
3/4 c. vinegar	1 medium-sized grated onion

Mix in order listed. Blend in electric mixer until thick. Add poppy seed and onion; stir.

Montye Furr

QUICK FRUIT SALAD

1 can pineapple tidbits	1 c. sour cream
1 can Mandarin oranges	1 c. Cool Whip
1 can Angel Flake coconut	1 c. halved maraschino cherries
1 c. miniature marshmallows	

Mix all together and serve on lettuce

Mrs. Mary E. Epting

RASPBERRY SALAD

- | | |
|-------------------------------------|--|
| 1 (3 oz.) pkg. rasp-
berry jello | 1 small carton cottage cheese |
| 1 c. sugar | 1 (4 oz.) carton prepared
whipped topping |
| 1 c. crushed pineapple | |

In saucepan, combine pineapple, sugar and jello. Bring to a boil and boil 1 minute. Let cool until it begins to slightly thicken. Add cottage cheese and then fold in whipped topping. Pour into bowl and chill several hours before serving.

Vicki Bumgardner

SLAW

- | | |
|----------------------|-------------------------|
| 1 1/2 c. sugar | 3 lb. cabbage, shredded |
| 1 1/2 c. water | 2 bell peppers |
| 1 1/2 c. vinegar | 1 Tbsp. salt |
| 1 Tbsp. mustard seed | 2 jars pimentos (4 oz.) |

Boil and cool the first three ingredients; pour over other ingredients.

Margie Hakos

SOUR CHERRY PINEAPPLE SALAD

- | | |
|--------------------------------------|---|
| 1 envelope plain
gelatin | 1/2 c. sugar |
| 1 pkg. lemon jello | 1/2 c. pecans |
| grated juice and rind
of 1 lemon | 1 (No. 2) can sour pitted
cherries |
| grated juice and rind
of 1 orange | 1 (No. 2) can crushed pine-
apple, undrained |
| | pinch salt |

Take juice from cherries; add sugar, lemon jello and bring to a boil; add plain gelatin, which has been soaked in 1/4 cup cold water. Mix until dissolved. Then cool mixture. Add cherries, pineapple, grated rinds and juice, nuts and salt; blend well.

Mary Smith

STRAWBERRY CREAM CHEESE SALAD

- | | |
|-------------------------|---------------|
| 2 c. crushed pretzels | 3 Tbsp. sugar |
| 3/4 c. melted margarine | |

STRAWBERRY CREAM CHEESE SALAD (Continued)

Mix and press into a 13 x 9-inch dish. Bake 8 minutes in a 400° oven. Cool.

- | | |
|--------------------------------|------------------------------|
| 1 (8 oz.) pkg. cream
cheese | 2 c. Cool Whip
1 c. sugar |
|--------------------------------|------------------------------|

Mix together; spread over cooled crust.

- | | |
|--------------------------------------|--|
| 1 (6 oz.) pkg. straw-
berry jello | 2 (10 oz.) pkg. frozen
strawberries |
| 2 c. boiling water | |

Mix jello with water; put in strawberries and refrigerate until thickened. Pour over other layer. Chill and serve.

Carolynn Spry

STRAWBERRY FRUIT SALAD

- | | |
|--|----------------------------|
| 2 (3 oz.) pkg. straw-
berry jello | 2 small boxes strawberries |
| 1 c. hot water | 1/2 pt. sour cream |
| 1 (No. 2) can crushed pineapple, drained | 2 mashed bananas |

Mix jello in hot water; add pineapple and strawberries. Congeal until the thickness of honey. Add mashed bananas. Pour 1/2 the mixture into bottom of an 8 x 8 x 2-inch dish. When congealed, pour sour cream over mixture. Add remaining gelatin mixture. Chill.

Barbara Bumgarner

SUMMER SALAD

- | | |
|----------------------------------|-----------------------------|
| 1 large can pineapple | 1 large carton Cool Whip |
| 1 can Mandarin oranges | 1 (3 oz.) pkg. orange jello |
| 1 small carton cottage
cheese | nuts (optional) |

Drain pineapple. Mix cottage cheese and Cool Whip with jello (just jello, no water). Add pineapple and Mandarin oranges. Nuts be be added. Chill in

(Continued on Page 54)

SUMMER SALAD (Continued)

a 10 x 18-inch pan (Pyrex) or any similar container.
Serves 6-8.

Nancy C. Withers

VEGETABLE CONGEALED SALAD

1 envelope plain gelatin	1/2 tsp. salt
1/4 c. hot water	1 c. cooked, diced carrots
1 c. boiling water	1/2 c. diced radishes
1/4 c. sugar	1/2 c. diced celery
2 Tbsp. vinegar	1/2 c. diced cucumber
2 Tbsp. lemon juice	1 medium diced onion or several green onions

Soften gelatin in warm water, then dissolve in hot water. Add to gelatin the sugar, vinegar, lemon juice and salt. Let this congeal slightly. Remember to be cooking carrots ahead of time so they can cool somewhat. Add all vegetables to slightly-congealed mixture and return to refrigerator to congeal completely. This salad is good with most all meats.

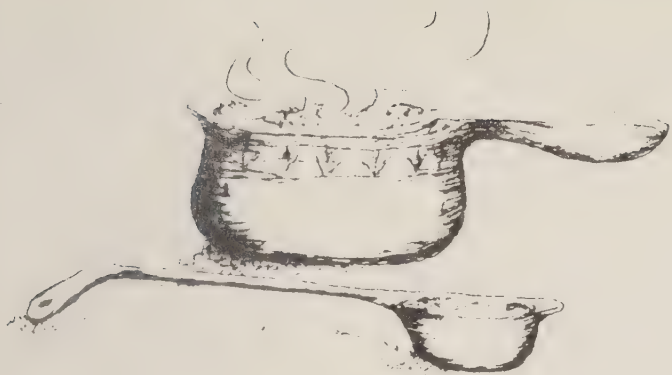
Peggy Coble

WATERGATE SALAD

1 medium can crushed pineapple	1 c. chopped pecans
1 c. miniature marshmallows	1 pkg. pistachio pudding

Mix all ingredients (pudding last). Cool in refrigerator. Serves 8-10.

Virginia Beaver



Soups & Sauces



SOUPS & SAUCES

BARBECUE SAUCE FOR CHICKEN OR PORK

2/3 c. vinegar	1 stick margarine (use
3 heaping Tbsp.	1/2 stick for pork)
mustard	1 tsp. salt
	1/2 tsp. pepper

Heat to just below boiling point; pour over meat. Baste during cooking, uncovered, for 2 1/2 hours or until tender at 350°. For extra tender, and well done pork, cover for the first half of cooking. This sauce is good for cooking on grill.

Araminta E. Harris

BEEF-TOMATO AND LIMA BEAN SOUP

1 Tbsp. oil	1/2 tsp. oregano
2 (1 inch thick) slices	1/2 tsp. pepper
beef shank (1 1/2 lb.)	1 bay leaf
or 1 lb. beef chuck,	3 (or more) c. water
cut in 3/4-inch cubes	1 (16 oz.) can tomatoes
2 large onions, sliced	2 large ribs celery with
2 large cloves garlic,	tops, sliced
minced (optional)	1 c. frozen Lima beans
1 1/2 tsp. salt or to taste	

In Dutch oven in hot oil, brown beef well; push to one side. Add onions and garlic; cook, stirring occasionally, for 5 minutes. Add salt, oregano, pepper, bay leaf, 3 cups water, tomatoes and celery. Bring to a boil; reduce heat, cover and simmer for 1-1 1/2 hours or until meat is almost tender. (Add more water, if necessary.) Add Lima beans; cover and simmer for 15 minutes or until all is tender.

For slow cooker: Brown beef, onions and garlic as directed; add to cooker. Add remaining ingredients, except Lima beans. Cover and cook on medium for 7-8 hours. Add Lima beans and turn setting to high for the last 30 minutes.

Note: This is good with crusty rolls and lettuce wedge with Blue cheese dressing.

Peggy Rouzer

BOUILLABAISSE GUMBO

1 (16 oz.) can tomatoes	1/2 c. chopped celery
1 (10 3/4 oz.) can tomato soup	1 Tbsp. chopped parsley
1 can chicken gumbo soup	1 Tbsp. Worcestershire sauce
2 soup cans water	1 clove garlic, minced
1/3 c. chopped green onions	1 bay leaf
1 medium sweet potato, pared and grated	2 dashes hot pepper sauce
	1 can shrimp, drained
	1 can minced clams, undrained

In a large saucepan, combine all ingredients, except shrimp and clams. Bring to boiling; reduce heat. Cover and simmer until vegetables are tender, about 30 minutes. Add shrimp and undrained clams; simmer until heated through, about 10 minutes. Season to taste with salt and pepper. Remove bay leaf. Serve in cups or bowls. Serves 6-8.

Fran Tannehill

CHILI SAUCE

28 medium-sized, ripe tomatoes, peeled and cut	2-3 strong peppers, cut finely
5 c. vinegar	2 scant c. sugar (granulated)
6 onions, peeled and chopped	2 tsp. cinnamon
6 green bell peppers, chopped	1 tsp. ground cloves
	1 tsp. allspice
	2 Tbsp. salt

Place all ingredients in a rather large cooking pot. Boil slowly until thick, about 2-2 1/2 hours, stirring constantly. Seal in airtight jars. May be used over hot dogs, dried beans and hamburgers.

Ruth K. Uzzell

CREAM OF BROCCOLI SOUP

1 1/2 lb. broccoli	10 c. chicken stock
3-4 spring onions	1 c. heavy cream
1/2 c. margarine	salt and pepper to taste
2 potatoes, peeled and cubed	

CREAM OF BROCCOLI SOUP (Continued)

Coarsely chop the broccoli; chop onions (trim the green tops). Saute broccoli and onions in butter for 6 minutes. Add potatoes and chicken stock. Bring to a boil; cook for 20 minutes. Puree in blender. Stir in heavy cream. Add salt and pepper. Do not boil after the cream has been added.

Frances Lynne Tatum

GARBANZOS SOUP

1/2 lb. garbanzos or	salt to taste
2 cans	Spanish saffron (1 pinch)
1/2 lb. diced salt pork	6 medium white potatoes
or fatback (optional)	1 medium-to-large onion
soup bones or ham	(to taste)
bones	1 green pepper
1/2 lb. ham, diced	1 (1 lb.) can tomatoes
(about 2 c.)	pepper to taste

If dry garbanzos are used, soak overnight; then cook in 3 quarts water. Pressure cooking will save much time and fuel. Cook the bones several hours to extract gelatin. Remove bones and add other ingredients, except ham. Cook until vegetables are tender. Add garbanzos to bone broth and add ham. Season with salt and pepper to taste and a generous pinch of Spanish saffron. (If Mexican saffron is used, you must add much more, to taste, and not the same.) When cooking, use a large kettle, 4 quarts or more. Serves 6-8.

Note: Proportions for this dish are not important. The amounts can vary considerably. The saffron is what makes this dish distinctive, but it is expensive and hard to find.

This is a good dish to finish up a smoked shoulder as the garbanzos are a legume, called chic or chick peas, also ceci. This soup is better after a day or two, so is good the second day if there is any left.

Lydia P. Parada

MARINADE FOR CHICKEN AND BEEF

1 1/2 c. salad oil	1 tsp. pepper
3/4 c. soy sauce	1 1/2 c. wine vinegar
1/4 c. Worcestershire sauce	1 1/2 tsp. dry parsley flakes
2 tsp. dry mustard	1/3 c. lemon juice
2 1/4 tsp. salt	2 cloves garlic

Chicken: Marinate chicken breasts overnight, turning occasionally. Grill over charcoal.

Beef: May use London broil or chuck roast. Marinate overnight and grill over charcoal.

Keeps up to 6 weeks in the refrigerator and may be reused. Absolutely delicious! A family favorite!

Peggy Rouzer

MUSHROOM CHOWDER

1/2 c. chopped onion	1 tsp. salt
1/2 c. melted butter	1/4 tsp. pepper
1 lb. fresh mushrooms, sliced	1 Tbsp. all-purpose flour
1 c. diced potatoes	2 Tbsp. water
1 c. finely-chopped celery	3 c. chicken stock
1/2 c. diced carrots	1 c. milk
	grated Parmesan cheese

Saute onion in butter in a Dutch oven until tender. Add vegetables, salt and pepper; cover and simmer 15-20 minutes or until vegetables are tender.

Combine flour and water, mixing until smooth. Stir into vegetable mixture. Add chicken stock and simmer 10 minutes. Stir in milk and 1/2 cup Parmesan cheese. Cook over low heat until thoroughly heated; do not boil. Sprinkle each serving with additional Parmesan cheese. Yields 6-8 servings.

Fran Tannehill

RIVVEL SOUP

1 qt. beef broth	1 egg, beaten
1 c. flour	1 c. whole kernel corn, crushed (optional)
1/2 tsp. salt	

RIVVEL SOUP (Continued)

Bring the broth to a boil. Combine flour, salt and egg until mixture is crumbly. Rub through hands into the boiling broth; add the corn and cook about 10 minutes. The rivvel will look like boiled rice when cooked. Serves 8.

Hint: Serve with roast beef or stew beef.

Betty Huddle

Eula Roof

SWEET MUSTARD SAUCE

1 c. (4 oz.) dry
mustard

1 c. white vinegar

Mix and let set overnight. The next morning, stir in the following:

2 well-beaten eggs
1 c. sugar

2 Tbsp. flour (or less)
pinch salt

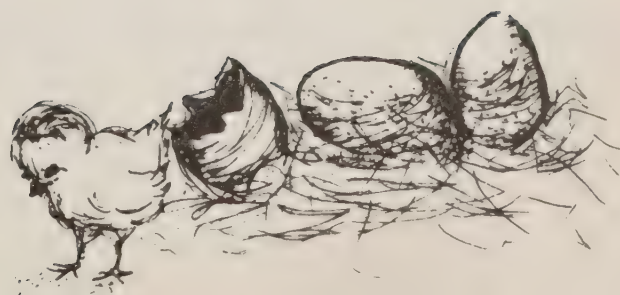
Mix with mixer. Cook in double boiler until it coats spoon. Pour in jars and refrigerate.

** EXTRA RECIPE **

** EXTRA RECIPES **



Eggs & Cheese



EGGS & CHEESE

BACON QUICHE

5 slices bacon	4 eggs, slightly beaten
2 Tbsp. finely-chopped onion	1 (7 1/2 oz.) can cream of mushroom soup with wine
1 c. shredded Swiss cheese	1/4 tsp. ground nutmeg
	1/4 tsp. black pepper

With 2 tablespoons of bacon grease, cook onion until tender. Crumble bacon and spread with onion and cheese in an 8-inch, unbaked pie shell. Beat eggs, soup, nutmeg and pepper. Pour over bacon, cheese and onion. Bake at 375° for 35-40 minutes or until knife comes out of center clean.

Marlene Plyler

BAKED EGGS

13 slices sandwich bread, cubed	7 eggs, beaten
1 lb. Velveeta cheese, cut up	3 1/2 c. milk
2 sticks margarine	2 tsp. dry mustard
	salt and pepper to taste (if desired)

Place bread cubes in a greased, 9 x 13-inch baking dish. Melt cheese and margarine. Add mustard and pour over bread. Mix eggs and milk; pour over cheese mixture. Refrigerate overnight.

Bake at 300° for 1 hour or until set and somewhat brown. Makes 10 generous servings.

Hazel Epting

BREAKFAST CASSEROLE

(Serves 10)

1 loaf French bread, pulled apart (3 c.)	3 Tbsp. flour, mixed with 1 Tbsp. dry mustard
3 c. ham, diced	3 Tbsp. butter, melted
1/2 lb. Cheddar cheese	4 eggs, beaten together with 3 c. milk

Grease a 2-quart casserole. Lay 1/2 the bread,

(Continued on Page 62)

BREAKFAST CASSEROLE (Continued)

ham and cheese in dish. Sprinkle 1/2 the flour-mustard mix over bread; pour 1/2 the melted butter over this. Repeat process. Pour eggs and milk mixture over all. Do the night before, or let soak 2 hours before baking. Bake at 350° for 1 hour.

Velma Isenhour

BROCCOLI-RICE-CHICKEN QUICHE

1 1/2 c. cooked rice	1 c. cooked, diced chicken
1 egg, beaten	1 Tbsp. minced onion
3/4 c. (3 oz.) shredded Cheddar cheese, divided	1/3 c. milk
1 (10 oz.) pkg. frozen broccoli	2 eggs, beaten
	1/4 tsp. pepper
	1 (4 oz.) jar sliced mushrooms, drained

Combine rice, 1 egg and 1/2 cup cheese, mixing well. Press mixture into greased, 9-inch pie plate; set aside.

Cook broccoli according to package directions; drain well. Add 1/4 cup cheese and remaining ingredients to broccoli; mix well. Add chicken and mix.

Pour mixture into rice-lined pie plate. Bake at 375° for about 50 minutes or until done. Yields one 9-inch quiche!

Carolynn Spry

BRUNCH CASSEROLE

1 lb. Neese's sausage	1/8 tsp. pepper
1 (8 oz.) can refrigerated crescent rolls	2 c. shredded Mozzarella cheese
4 eggs, beaten	1/4 tsp. salt

Crumble sausage in medium skillet; cook until brown. Stir occasionally. Drain. Line bottom of buttered, 13 x 9 x 2-inch baking dish with crescent rolls. Press and seal together. Sprinkle with sausage and cheese.

Combine remaining ingredients; beat well. Pour over sausage. Bake at 350° for 30 minutes.

Mary Smith

CHEESE BLINTZ CASSEROLE

(Serves 12)

Filling:

2 lb. farmer cheese	pinch salt
2 eggs, beaten	juice of 1 lemon
1/4 c. sugar	

Batter:

1/2 c. melted butter	3 Tbsp. baking powder
1/2 c. sugar	1/4 c. milk
2 eggs, beaten	1 tsp. vanilla
1 c. flour	

Mix filling in bowl. Put 1/2 the batter in a greased, 13 x 9-inch or 2-quart casserole. Spread filling on batter; then pour remaining batter over the filling. Bake at 300° for 1 1/2 hours. Can be cooked, then frozen. Thaw overnight before serving.

Velma Isenhour

CHEESE SOUFFLE

8 slices white bread	4 eggs
8 oz. Cheddar cheese	1 tsp. mustard
2 1/2 c. milk	1 tsp. salt

Trim crust from bread. Mix other ingredients. Layer bread and cheese; pour liquid over them. Let stand in refrigerator overnight. Bake at 350° for 1 hour.

Lottie Plyler

CHICKEN FLORENTINE QUICHE

1 (9 inch) unbaked prepared pie shell	1/2 c. grated Parmesan cheese
1 (10 3/4 oz.) can Campbell's chunky chicken soup	1/2 c. well-drained, cooked, chopped spinach
3 eggs, slightly beaten	1/2 c. finely-chopped onion
1 c. cottage cheese	1/2 tsp. oregano leaves

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CHICKEN FLORENTINE QUICHE (Continued)

Prick pie shell with a fork. Bake at 350° for 10 minutes. Meanwhile, combine remaining ingredients; pour into pie shell. Bake at 350° for 1 hour or until knife inserted in center comes out clean. Let stand for 15 minutes before serving. Makes 6 servings.

Jewel Long

CRUSTLESS SPINACH QUICHE

1 Tbsp. vegetable oil	5 eggs
1 large onion, chopped	3/4 lb. Muenster cheese,
1 (10 oz.) pkg. frozen	grated
spinach, thawed and	salt and pepper to taste
squeezed to remove moisture	

Preheat oven to 350°. Grease a 9-inch pie pan. Heat oil in skillet; saute onion until soft. Add spinach; cook until moisture evaporates. Let cool. Beat eggs in bowl. Add cheese. Stir spinach and onion into eggs and cheese. Season with salt and pepper.

Pour into pie plate and spread evenly. Bake until top is browned, about 40-45 minutes.

Janis Hudson Smith

EGGS AND BEEF

1 (3 oz.) pkg. cream	2 Tbsp. butter
cheese	6 eggs
1 (3 oz.) pkg. dried	1/4 c. milk
beef	pepper

Saute beef in butter; add cream cheese and beaten eggs, milk and pepper. Cook over low heat for 8-10 minutes.

Mary Smith

EGG AND SAUSAGE QUICHE

1 regular pie crust	3 hard-cooked eggs,
shell	chopped
8 oz. bulk pork	1/2 c. (2 oz.) shredded
sausage	natural Swiss cheese

EGG AND SAUSAGE QUICHE (Continued)

1/2 c. (2 oz.) shredded natural Cheddar cheese	1 c. light cream or milk 3/4 tsp. salt 1/8 tsp. pepper
2 beaten eggs	

Prebake unpricked pie crust on preheated cookie sheet in a 450° oven for 6 minutes. Remove pie crust from oven. Reduce oven temperature to 325°.

Cook sausage in skillet until brown, stirring with a fork to break up meat; drain well. Sprinkle hard-cooked egg in bottom of pastry shell; top with sausage and cheeses.

Combine beaten eggs, cream, salt and pepper; pour over all. Bake on preheated cookie sheet in a 325° oven for 25-30 minutes or until knife inserted off center comes out clean.

Garnish with additional egg slices, if desired. Makes 6 servings.

Evelyeen Smith

EASY CHEESE SOUFFLE (Never Fails)

5 slices buttered bread	2 c. milk
3/4 lb. sharp grated cheese	1/2 tsp. dry mustard 1/2 tsp. salt
4 eggs	dash cayenne pepper

Cut the buttered bread in cubes. In greased, 8 x 8-inch casserole, alternate layers of bread cubes with grated cheese. Beat together the eggs, milk, mustard, salt and pepper. Pour over bread and cheese. Let stand at least 2 hours (overnight is better). Bake at 350° for 45 minutes.

Can be served with ham if company is coming!
Pauline Iddings

HOMINY SCRAMBLE

8 slices bacon	1 tsp. salt
1 can hominy	1/4 tsp. pepper
8 eggs	

(Continued on Page 66)

HOMINY SCRAMBLE (Continued)

Fry and drain bacon. Brown hominy in 2 table-spoons drippings. Beat eggs, salt and pepper; add to hominy. Cook until eggs set, stirring constantly. Add crumbled bacon.

Helen Lentz

ONE-DISH BREAKFAST

5 slices bread, cubed	1 lb. sausage
2 1/2 c. milk	6 eggs, well beaten
1/2 tsp. salt	1 1/2 c. grated cheese

Butter a 1 1/2-quart casserole. Cover with bread. Add a layer of sausage which has been crumbled, cooked and drained. Pour in eggs, milk and salt; top with cheese. Refrigerate overnight. Bake at 325° for approximately 45 minutes.

Anne Reisner

SAUSAGE-EGG CASSEROLE

6 eggs	2 slices white bread, cubed
2 c. milk	1 lb. hot sausage, browned
1 tsp. dry mustard	1 c. grated sharp cheese

Beat eggs; add milk, salt and mustard. Layer bread, sausage and cheese; pour eggs over top. Refrigerate overnight. Bake at 350° for 45 minutes.

Carolynn Spry

SIMPLE STRATA

8 slices day-old bread	3/4 tsp. salt
1 tsp. prepared mustard	pepper
4 eggs, beaten	4 slices American or process
1 1/2 c. milk	cheese or 1 c. grated
	cheese

Trim crusts from bread. Line bottom of greased pan with 4 of the bread slices. Spread these bread slices with the mustard. Top with cheese; add rest of bread slices. Beat eggs, milk, salt and pepper together. Pour over bread slices. Bake at 350° for

35-40 minutes or until set. Serves 4. Use an 8 or 9-inch square pan.

Hint: When cutting cream pies, dip the knife in warm water and none of the filling will stick to the knife.

Inez K. Sloan

** EXTRA RECIPES **

** EXTRA RECIPES **

** EXTRA RECIPES **



Meat, Fish, & Poultry



MEAT, FISH & POULTRY

ANN LANDER'S MEAT LOAF

2 lb. ground beef	1 tsp. monosodium
2 eggs	glutamate
1 1/2 c. bread crumbs	1/2 c. warm water
1/4 c. catsup	1 pkg. onion soup mix

Mix well.

Topping:

2 pieces bacon	8 oz. tomato sauce
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Lay bacon across top and pour on tomato sauce. Bake 1 hour at 350°.

Note: One-half the recipe is fine for 2.
Margaret Safrit

BAKED STUFFED PEPPERS

4 large bell peppers	salt and pepper to taste
1 lb. ground beef	1/2 c. cracker crumbs
1 egg	1/4 c. catsup
1 can vegetable soup	1/4-1/2 c. milk
(the alphabet soup)	dash Texas Pete hot sauce

Cut peppers in halves lengthwise. Parboil peppers for about 5-7 minutes. Drain and cool. Place peppers in greased baking dish. Mix ground beef, egg, soup, salt and pepper; add cracker crumbs, catsup, hot sauce and milk to make "stuffing".

Fill each pepper half with stuffing. Pour about 3/4 cup water over peppers. Place aluminum foil (heavy duty) over peppers; punch holes in foil. Bake at 425° for about 1 hour. Remove foil and brown for 10-15 minutes.

Ruth K. Uzzell

BARBECUED CHICKEN

Wash and cut up a 2-3 pound frying chicken, breasts, thighs or drumsticks. Add salt as desired

(Continued on Page 70)

BARBECUED CHICKEN (Continued)

and put in refrigerator overnight. Put chicken, skin side up, in shallow baking pan; brush top with favorite barbecue sauce. Cover with foil and bake for 1 1/2 hours in a 350° oven. Remove foil. Add more barbecue sauce and put on top rack to brown.

Nettie Lentz

BARBECUED MEAT BALLS

1 lb. hamburger	1/2 c. chopped onion
1 c. bread crumbs	1/2 c. chopped green pepper
1/2 c. milk	3 tsp. Worcestershire sauce
1 tsp. salt	1/2 c. water
1 tsp. pepper	1 1/2 tsp. sugar
1 c. ketchup	

Combine hamburger, bread crumbs, milk, salt, and pepper; shape into balls. Place in baking dish and bake at 375° for 15 minutes. Pour off excess fat. Combine other ingredients to make sauce. Bring sauce to a boil; pour over meat balls and bake in covered casserole dish at 375° for 45 minutes. Serves 4-6.

Judy Bringle

BARBECUED MEAT LOAF

1 (16 oz.) can tomato sauce (reserve 1/4 c.)	2 slices soft bread crumbs
3 Tbsp. cider vinegar	2 eggs
3 Tbsp. brown sugar	1/2 c. minced onion
2 Tbsp. prepared mustard	1/4 c. minced green pepper
1 Tbsp. Worcestershire sauce	1/4 c. catsup
1/2 c. water	1 Tbsp. creamed horseradish
1/4 c. tomato sauce	2 tsp. salt
	1 tsp. dry mustard
	2 lb. ground chuck

Preheat oven at 350°. Baking time will be 1 1/4 hours. Use a deep, 2-quart casserole pan.

Sauce: Combine the first six ingredients; set aside.

Meat Loaf: Spry casserole with nonstick spray.

BARBECUED MEAT LOAF (Continued)

Combine next nine ingredients and mix with an egg beaten until mixture is of a smooth consistency. Stir in ground chuck; mix well. Form into a loaf in the casserole. Pour sauce over and bake, uncovered, basting loaf occasionally with sauce. Serves 6-8 people.

Fran Tannehill

BEEF AND CHEESE CRESCENT PIE

1 1/4 lb. ground beef	1/4 tsp. garlic salt
1/3 c. chopped onion	1/4 tsp. salt
1/3 c. green pepper	1 (8 oz.) can crescent
1 (8 oz.) can tomato	dinner rolls
sauce	1 egg, slightly beaten
paprika	2 c. Cheddar cheese,
	shredded

Preheat oven at 375°. Brown beef, onion and pepper; drain. Stir in tomato sauce, garlic and salt; simmer. Separate rolls into eight triangles. Place in a 9-inch pie pan (like a crust).

Combine egg and 1 cup Cheddar cheese. Spread over crust. Spoon meat mixture in crust and sprinkle with other cup of cheese and paprika. Bake at 375° for 25-30 minutes or until brown.

Carrie S. Beard

BEEF TIPS

3 lb. beef stew	1 can cream of mushroom
1 can onion soup	soup
	1-2 tsp. Kitchen Bouquet

Combine in a casserole; cover and cook at 325° for 3 hours. Serve over rice. Serve immediately or freeze for later use.

Rindi Haynes

BRUCE'S FAVORITE ROAST

3-4 lb. shoulder, chuck	garlic salt
or brisket beef roast	seasoned salt

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BRUCE'S FAVORITE ROAST ? (Continued)

1 large onion, thinly sliced	1/2 c. red wine
1/3 c. barbecue sauce (Kraft or Heinz)	2 tsp. brown sugar
2 tsp. soy sauce	1 (4 oz.) can sliced mushrooms
	2 Tbsp. flour

Place meat on large piece of heavy-duty foil. Season with garlic salt and seasoned salt. Place onion slices over meat. Combine barbecue sauce, soy sauce, wine and brown sugar. Pour over roast. Seal foil around meat. Place on a shallow pan and bake 3 hours at 350°.

Remove meat; pour juices into a saucepan. Dissolve flour in mushroom liquid and add to juices. Cook until thickened; add mushrooms and serve with roast.

Fran Tannehill

BRUNSWICK STEW

1 large hen	2 medium cans tomatoes
2 lb. lean pork	2 bottles chili sauce
2 lb. lean beef	1 medium bottle catsup
2 medium cans corn	1/4 c. vinegar
(1 whole kernel, 1 cream-style white)	salt and pepper to taste
2 medium cans Limas	red pepper pod to taste

Cook hen separately. Cook beef and pork together. Use broth of both. Shred (string) chicken, pork and beef. Mix together. Pour in all cans of vegetables. Let cook on low heat. (I always spray Pam on the large pot.) Stir very often as stew sticks easily. Pour in chili sauce and catsup. Simmer until well done, about 6 hours. Can be frozen.

Jim Honeycutt

CHEESE FISH BAKE

1 lb. fish fillets	1/2 c. shredded Cheddar cheese
dash black pepper	
1 can cream of mushroom soup	dash paprika

CHEESE FISH BAKE (Continued)

Arrange fish fillets (thaw, if using frozen) in a single layer in a greased, shallow baking dish, 10 x 6 x 2 inches. Season with a dash of black pepper. Stir mushroom soup and pour over layer of fish. Sprinkle on the cheese and paprika for extra color and flavor. Bake at 375° for about 45 minutes or until lightly browned. Makes 4 servings.

Mrs. R. L. Glover

CHICKEN AND BROCCOLI CASSEROLE

2 (9 oz.) pkg. broccoli	1 tsp. lemon juice
6 chicken breast halves, cooked, skinned and cut into chunks	3/4 c. mayonnaise
	1/2 tsp. curry powder
	1 c. sharp cheese, grated
2 (10 1/2 oz.) cans cream of chicken soup	1/2 c. stuffing mix
1/2 c. milk	1/2 c. bread crumbs
	2 Tbsp. margarine, melted

Cook broccoli by package directions and drain. Arrange in a greased, 3-quart (9 x 13-inch) casserole. Arrange broccoli around edge of casserole; arrange chicken over broccoli. Combine next six ingredients and pour over broccoli and chicken.

Combine stuffing mix, bread crumbs and melted butter; sprinkle over top. Bake at 350° for 40 minutes or until bubbly. Makes 10 servings.

Mary Smith

CHICKEN LOAF

5 c. chicken	1 onion, diced
1 c. sweet milk	1 can pimentos (small)
1 1/4 c. chicken broth	1/2 c. celery
2 eggs, beaten	2 1/2 c. bread crumbs
1 1/2 tsp. salt	(about 5-6 slices)

Cook celery and onion with chicken. Dice chicken. Mix beaten eggs with milk and broth. Add all ingredients. Use a greased, 12 x 8 x 1 1/2-inch casserole pan. Cook 1 hour at 350° (more or less). Serves 12-15.

(Continued on Page 74)

CHICKEN LOAF (Continued)

A sauce can be made with chicken broth and cream of mushroom soup. (Do not use Golden mushroom soup.) Cut in squares, 3 across and 5 down. Do not overbake. Recook bones again to get extra broth.

More information about Chicken Loaf: After cooking the 5-6 pounds of chicken, then remove skin and bones. Dice chicken, making 5 cups. (Note: Do not cook the 2 vegetables with the raw, fatty chicken.) Use 1 cup of the chicken and cook the celery and onion with a cup of broth. The broth should be allowed to let the fat in it rise to the top by putting it in the refrigerator overnight. Put the cooled chicken in the refrigerator overnight before cutting up. The meat is easier to dice.

Skim or remove all the fat from the broth and throw it away, even before adding the mushroom soup. (Also, I use a big jar of pimentos and cut them up finely.)

This recipe takes about 2 days to make, from grocery shop to table, but the flavor is worth it! Paprika can be sprinkled on top. To make the gravy tastier, go by the recipe on Sauer's chicken gravy mix, adding 1 cup skimmed broth, if you have extra, and add it to the mushroom gravy. I always have lots of broth left because I cover the whole chicken or chicken parts with water. The extra skimmed broth can be used as soup with Minute enriched precooked rice. There will be enough for 8 servings after all the other uses!

This may be an old-fashioned, time-consuming recipe, but it goes a long way. My aunt in Virginia has it for us instead of turkey or fried chicken often. A lot of people told me they liked it at St. John's Lutheran Church last night. It was all eaten up! And, we had a casserole of it for lunch, too! This makes us happy!

Margaret Ketner

CHICKEN AND SHRIMP

1 cut-up chicken or selected pieces	1/4 c. margarine
1 Tbsp. salt	3 small onions, finely chopped
1/2 tsp. pepper	1 clove garlic, minced

CHICKEN AND SHRIMP (Continued)

3 Tbsp. chopped, fresh parsley	1 (8 oz.) can tomato sauce
1/2 c. Port wine	1 tsp. dried basil
	1 lb. shelled shrimp

Rub chicken with salt and pepper. Saute in butter until brown in large skillet. Add all ingredients, but shrimp. Simmer, covered, for 30 minutes or until chicken is tender. Push chicken aside and turn up heat until tomato mixture boils. Add shrimp and cook, uncovered, for 3-4 minutes or until just pink and tender. Pile chicken in serving dish; top with shrimp.

Fran Tannehill

CHICKEN CACCIATORE (For Crock-Pot)

3 whole chicken breasts, skinned and halved	1 can whole tomatoes, chopped
1 tsp. salt	1 can sliced mushrooms, drained
dash pepper	2 Tbsp. tomato paste
1 Tbsp. dried onion flakes	1 bay leaf
1 green pepper, finely chopped	1/4 tsp. leaf thyme
1 clove garlic, finely chopped	2 Tbsp. finely-chopped pimiento

Wash chicken pieces well and pat dry. Combine remaining ingredients in crock-pot. Add chicken pieces, pushing down into liquid to thoroughly moisten and coat. Cover and cook on low setting for 7-9 hours. Makes 6 servings with 120 calories per serving.

Carrie S. Beard

CHICKEN CASSEROLE

2 whole chickens or chicken breasts	2 cans cream of mushroom soup
1 small pkg. Pepperidge Farm stuffing mix	1 stick margarine
1 (8 oz.) carton sour cream	1 c. chicken broth

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CHICKEN CASSEROLE (Continued)

Cook chickens until tender. Cut into pieces and place in casserole dish. Combine sour cream and soup; spread over chicken. Melt margarine and chicken broth in pan and add stuffing. Mix until moist, then sprinkle over chicken. Bake, uncovered, at 350° for 30 minutes. Serves 8-10.

Note: Good for covered-dish dinners, picnics, etc.

Toni Kenerly

CHICKEN CASSEROLE

2 c. cooked, chopped chicken	3/4 c. evaporated milk
1 small onion, chopped	1/2 tsp. thyme
1/2 c. chopped celery	1 tsp. salt
1 can cream of chicken soup	1 c. Pepperidge Farm corn bread crumbs

Mix all ingredients, except crumbs. Pour into a casserole dish. Top with crumbs and dot with 2 tablespoons margarine. Bake at 350° for 30 minutes.

Helen Lentz

CHICKEN CASSEROLE

1 (2 1/2-3 lb.) fryer, cooked and cut in pieces	1 can cream of chicken soup
1 can cream of mushroom soup	1 can milk
	1 stick oleo, melted
	1/2 pkg. Pepperidge Farm dressing mix

Put chicken in greased, 9 x 13-inch baking dish; cover with soups, which have been mixed with milk. Mix oleo with dressing and spread over top. Bake, covered, at 350° for 30 minutes.

Frances Krider

CHICKEN CASSEROLE

1 pkg. Pepperidge Farm corn bread stuffing mix	1 stick margarine, melted
	2-3 c. diced, cooked chicken

CHICKEN CASSEROLE (Continued)

1 can cream of chicken soup	1/2-1 pkg. toasted, slivered almonds
1 (8 oz.) carton sour cream	1 3/4 c. chicken broth (from cooking chicken)

Mix margarine with stuffing mix. Use half of mixture to cover bottom of greased casserole. Put diced chicken on top of this. Combine soup and cream thoroughly. (Some white wine can be added, also.) Spread evenly over chicken. Cover with remainder of stuffing mix. Sprinkle almonds over mixture in casserole and dribble the chicken stock over the top.

Bake in a 350° preheated oven for 30 minutes. Serves 8.

Mrs. W. Luther Miller

CHICKEN CASSEROLE

4 chicken breasts	1/2 c. margarine
1 can cream of celery soup	1/2 c. chopped celery
1 1/2 c. chicken broth	1/2 c. chopped onion
	1 (9 oz.) pkg. herb stuffing

Add chicken breasts to 2 cups water and cook until tender. Saute celery and onion in 2 tablespoons margarine. Remove meat from bones and place in a 1 1/2-quart casserole dish.

Combine soup and 1/2 cup broth; pour over chicken. In a separate bowl, combine stuffing mix, celery, onion and remaining cup of broth. Spread mixture over chicken. Melt remaining margarine and pour over top. Bake at 350° for 30 minutes.

Mary Harviel

CHICKEN CASSEROLE

1 1/2 c. chopped chicken	1 can cream of chicken soup
3 hard-boiled eggs, chopped	1 c. celery, chopped
	2 tsp. onion, chopped
	1/2 tsp. salt

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CHICKEN CASSEROLE (Continued)

pepper	1 1/2 c. crushed potato
2 tsp. lemon juice	chips
1 c. mayonnaise	

Mix together (reserve 1/2 cup potato chips). Top with reserved chips. Bake 15-20 minutes in a 400° oven.

CHICKEN CASSEROLE

4-5 chicken breasts	Pepperidge Farm corn
1 can cream of celery	bread dressing mix
soup	1 stick margarine
1 can cream of chicken soup	

Boil chicken breasts for about 1 hour or until done. Keep broth. Take skin and bones off. Melt margarine and pour over dressing mix. Stir until dressing is all moistened. In an oblong baking dish, put a layer of dressing, a layer of chicken and a can of chicken soup, diluted with chicken broth. Then put in another layer of dressing, chicken and celery soup, diluted with chicken broth. Top with dressing. Bake at 400°-425° for approximately 30-35 minutes.

Marjorie Long

CHICKEN CASSEROLE

1 pkg. Pepperidge Farm	1 can cream of chicken soup
corn bread stuffing	4 large, boiled chicken
1 stick butter or oleo	breasts
1 can cream of	2 cans chicken broth
mushroom soup	

Preheat oven at 350°. Baking time is 45-60 minutes. Use a 13 1/2 x 8 3/4-inch pan.

Melt butter and stir in corn bread stuffing. In greased pan, layer crumbs first, then layer sliced chicken. Spread mushroom and chicken soups over all and pour on chicken broth. Top with a small amount of the corn bread stuffing crumbs. Serves 8.

Hazel Epting

CHICKEN CONTINENTAL

- | | |
|--|----------------------------------|
| 3-4 lb. frying chicken,
cut in pieces | 1 tsp. salt
dash pepper |
| 1/3 c. seasoned flour | 1 Tbsp. chopped parsley |
| 1/4 c. butter | 1/2 tsp. celery flakes |
| 1 (10 1/2 oz.) can con-
densed cream of
chicken soup | 1/8 tsp. thyme
1 1/3 c. water |
| 2 1/2 Tbsp. grated onion or finely-chopped onion | 1 1/3 c. Minute rice |

Roll chicken in flour; brown in butter. Remove chicken. Stir soup, seasonings and water into drippings; cook and stir to a boil. Spread rice in a 1 3/4-quart, shallow casserole. Pour all but 1/3 cup soup mixture over rice; stir to moisten. Top with chicken and pour rest of mixture over chicken. Bake, covered, at 375° for 30 minutes or until tender. Garnish with paprika, if desired. Serves 4.

Mrs. Marius Goodnight

CHICKEN DRESSING CASSEROLE

- | | |
|--|----------------------------|
| 1 pkg. Pepperidge Farm
dressing mix | 1 small can Carnation milk |
| 1 stick margarine | 2 c. chicken broth |
| 1 chicken, cooked and
deboned | 1 can cream of celery soup |
| | 2 Tbsp. onion flakes |

Melt margarine and pour over dressing mix. Take out 1/4 of the dressing mixture. Place deboned chicken in bottom of buttered casserole dish. Mix together the chicken broth, celery soup, milk and onion flakes. Place on top of chicken. Sprinkle the 1/4 reserved mixture on top. Bake 25 minutes at 275°.

Hazel Kluttz

CHICKEN DIVAN

- | | |
|-------------------------------------|-----------------------------|
| 2 pkg. broccoli | 1 c. mayonnaise |
| 4 chicken breasts,
hen or turkey | 1 tsp. lemon juice |
| 2 cans cream of
chicken soup | 1/2 tsp. grated cheese |
| | 3/4 tsp. curry powder |
| | 1/2 c. toasted bread crumbs |

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CHICKEN DIVAN (Continued)

Boil chicken until tender. Cook broccoli; then spread in a 9 x 13-inch, greased casserole dish. Spread bite-sized pieces of chicken on top. Mix soup, mayonnaise, lemon juice and curry powder; pour over chicken. Sprinkle cheese and bread crumbs on top. Bake at 350° for 30 minutes or until brown and bubbly.

Nancy Withers

CHICKEN OR TURKEY DIVAN

cooked broccoli (if frozen, 1 box)	1/2 pt. sour cream
2 c. cooked chicken	about 1 c. grated Swiss cheese
1 can cream of chicken soup	

Place a layer of broccoli in oblong casserole. Put layer of chicken on top. Sprinkle with melted butter. Blend chicken soup with sour cream; pour over top. Sprinkle with grated cheese. Bake at 400° for 25 minutes.

Ann Frank

CHICKEN DUMPLINGS

2 c. Bisquick mix	1/3 c. finely-chopped onion
1/3 c. finely-chopped celery	2/3-3/4 c. hot chicken broth
	1 (3 1/2-4 lb.) chicken

Cook chicken in salted water until tender. Have enough broth to make dumplings and to cook them. Add celery and onion to Bisquick mix and then hot broth. Stir to form stiff dough. Cool.

Roll out to 1/8-inch thickness; cut in 3-inch strips. Remove chicken from broth and debone. Drop dumplings in boiling broth. Cook 10 minutes, uncovered. Add chicken and cook 10 more minutes, covered.

Mrs. Mary O. Epting

CHICKEN GABONZO

1 small hen	1 c. rice
1/2 strip bacon	1 clove garlic

CHICKEN GABONZO (Continued)

1/2 can tomato sauce	2 bay leaves
1/2 bell pepper	1 onion

Cook chicken until about half done. Cut bacon into small pieces and fry out. Chop onion, bell pepper and garlic. Put in with bacon and bay leaves for 2-3 minutes. Add rice and tomato sauce.

When sauce is soaked up, add chicken and broth. Cover and cook until done.

Mrs. Carl Leazer

CHICKEN NOODLE CASSEROLE

1 chicken, cooked and boned	1 can cream of chicken or cream of mushroom soup
1 (10-12 oz.) pkg. noodles	bread crumbs

Cook chicken; reserve broth. Cook noodles in broth and drain. Add soup. Alternate layers of chicken and noodle mixture. Top with bread crumbs and bake until browned.

Mrs. Glenna Harkey

CHICKEN POT PIE

4 chicken breasts, boiled (save broth) and deboned	2 (16 oz.) cans peas and carrots, drained
1 can cream of mushroom soup	1 c. milk
1 can cream of chicken soup	3-4 large potatoes, diced and cooked separately with bay leaf and salt

Mix these ingredients and put in a 9 x 13-inch pan. Then mix topping and put over casserole.

Topping:

1 small pkg. Pepperidge Farm herb dressing	1 stick margarine, melted
	2 c. chicken broth

Bake at 350°-400° for 45 minutes (1 hour, uncovered).

Lynn Honeycutt

CHICKEN PIE

1 (2-2 1/2 lb.) whole chicken, cooked and boned	1 can cream of celery soup
1 1/2 c. chicken broth	1 1/2 c. Bisquick
	1 1/2 c. milk
	1 stick melted margarine

Cut chicken into small pieces. Mix chicken broth and celery soup. Place chicken and soup mixture in large baking dish. Combine Bisquick and milk; pour over chicken. Drizzle melted margarine over top. Bake 1 hour at 350°.

Note: You may add a can of drained green peas and carrots to the chicken and soup mixture.

Carrie S. Beard

CHICKEN PIE

2 1/2-3 lb. chicken	1/2 tsp. salt
1 can undiluted cream of celery soup	1 tsp. pepper
1 stick margarine	2 tsp. baking powder
1 1/4 c. flour	1 c. buttermilk
	2 c. broth

Cook and debone chicken; reserve broth. In saucepan, bring to boil the soup and broth. Put in bowl the other ingredients and mix thoroughly to form a soft dough.

In a 9 x 12 x 2-inch oblong dish, place chicken; pour broth mixture over it, then spoon dough over top. Bake at 425° for 30 minutes.

Araminta E. Harris

CHICKEN SALAD

1 1/2 c. cooked chicken	2 hard-boiled eggs
3/4 c. diced celery	2 sweet pickles, chopped
1/2 tsp. salt	mayonnaise to taste

Combine chicken, celery, salt, eggs and pickles. Moisten with mayonnaise. Serve on lettuce and garnish with egg slices and olives. Serves 4.

Mrs. Bill (Nell) Leonard

CHICKEN SALAD SUPREME

(Serves 6-8)

- | | |
|--|--|
| 2 1/2-3 lb. chicken
(hen or turkey) or
1 qt. chopped | 1 1/2 c. almonds, sliced
or slivered* |
| 1 c. white seedless
grapes | 1 Tbsp. soy sauce |
| 1 can sliced water
chestnuts | 1 1/2 tsp. curry powder |
| | 1 c. salad dressing (or
more, if desired) |
| | 1 c. celery, chopped |
| | 1 Tbsp. lemon juice |

Cook chicken; debone and cut up. Mix chicken, grapes, water chestnuts, 1 cup almonds and celery. Mix 1 cup salad dressing with lemon juice, curry powder and soy sauce; add to chicken mixture. Add additional salad dressing as desired.

*Toast 1/2 cup for top.

Gaye Isenhour Bost

CHICKEN SUPREME

- | | |
|--|----------------------------------|
| 2 pkg. frozen, chopped
broccoli, cooked | 1 tsp. lemon juice |
| 3 c. chicken breasts,
cooked and cubed | 1/2 tsp. curry powder |
| 2 cans cream of
chicken soup | 1/2 c. Cheddar cheese,
grated |
| 1 c. mayonnaise | 1/2 c. soft bread crumbs |
| | 1 Tbsp. melted butter |

Combine soup, mayonnaise, lemon juice and curry powder. Mix well. Spread this mixture over top of broccoli. Place chicken chunks on top of soup mixture; sprinkle cheese on top of chicken chunks. Mix bread crumbs with melted butter and spread on top of cheese. Bake uncovered.

Note: Cook broccoli according to directions on package. You can use a whole chicken instead of breasts. Divide recipe in half for a small casserole.

Alma Sigmon

CHICKEN SUPREME

Stew a 4 or 5-pound chicken until tender. Cut into pieces when cool. Save broth.

Bread Dressing: Lightly toast 1 loaf of bread and moisten with broth. Add minced onion, celery salt, poultry seasoning and salt and pepper to taste. Put dressing in long, shallow baking dish, which is 1-2 inches thick. Bake at 350° for 1 hour. Top with Chicken Custard.

Chicken Custard:

4 Tbsp. fat from chicken broth	1 qt. milk
4 Tbsp. flour	cut-up chicken (or turkey may be used)
4 eggs, separated	bread crumbs

In a saucepan over low heat, combine chicken fat and flour; blend well. Add beaten egg yolks and milk, cooking until custard coats a spoon, about 3 minutes. Cool slightly, then fold in stiffly-beaten egg whites and chicken pieces. Pour over Bread Dressing and top with crumbs.

Bake at 350° for 30 minutes. Cool 5-10 minutes before cutting into squares to serve. This will serve 16-20 persons.

Note: This recipe is a very popular specialty among churches of Tulsa, Oklahoma.

Mrs. George R. Whittecar

CHICKEN TETRAZZINI

1 chicken, stewed and cut into pieces	1 c. milk
1 small jar pimentos	1 c. grated Parmesan cheese
1 (3-4 oz.) can mush- rooms plus liquid	1 (8 oz.) box spaghetti, cooked and drained
1 can cream of chicken soup	1/4 c. melted butter

Combine all ingredients and pour into buttered casserole dish. Bake at 400° until bubbly and browned.

Barbara Bumgarner

CHICKEN WITH CHEESE AND MUSHROOM SAUCE

8 oz. wide noodles, uncooked	2 c. American cheese, grated
3 c. diced chicken, cooked	1/2 c. Parmesan cheese, grated
1 1/2 c. cream-style cottage cheese	2 1/2 c. Mushroom Sauce (recipe below)

Preheat oven at 350°. Grease a 9 x 12-inch casserole. Prepare noodles according to package directions. In greased casserole, alternate layers of cooked noodles, Mushroom Sauce, chicken and cheese. Bake at 350° for 45 minutes.

Mushroom Sauce:

1/2 c. chopped onion	1/3 c. milk
1/2 c. chopped bell pepper	1 (6 oz.) can sliced mushrooms
3 Tbsp. butter	1/4 c. pimientos, diced
1 can cream of chicken soup	1/2 tsp. basil

Saute onion and bell pepper in butter; blend in rest of ingredients.

Montye Furr

CHILI BEANS

1 (16 oz.) can tomatoes	1 can red kidney beans, drained
1 large onion	1 1/4 lb. hamburger
1 Tbsp. salt	2 tsp. chili powder

Cook 3-5 minutes in pressure cooker at 15 pounds. Leave in pressure cooker and cook approximately 30 minutes longer, slowly, until water cooks out. Serves 6.

Nancy C. Withers

CHILI PINTO BEANS

1 lb. pinto beans	2 Tbsp. chili powder
1 lb. ground beef	2 Tbsp. catsup
1 large onion, chopped	1 tsp. salt
	pepper

Wash beans and let stand in water overnight. Cook slowly for 4 hours. Cook ground beef and onion until slightly browned. Drain off all fat. Add chili powder, catsup, salt and pepper. Stir; cover and simmer 30 minutes or longer. Freezes well.

CHINESE PEPPER STEAK

1 1/2 lb. sirloin or round steak	2-3 green peppers, sliced
1/4 c. vegetable oil	2 large onions, diced
2 cloves garlic, minced	1 can water chestnuts
2 tsp. ground ginger	1/4 c. soy sauce
1/2 tsp. pepper	1 beef bouillon cube
	cornstarch to thicken

Freeze steak about 1 hour (it's easier to slice). Slice in paper-thin slices. Heat oil in heavy pan. Add garlic, meat, ginger and pepper; brown. Add 1 cup water and bouillon cube; simmer 1 hour. Add onions, green peppers, water chestnuts and soy sauce; simmer about 30 minutes. Thicken with about 2 tablespoons cornstarch in 1/2 cup water. Serve over rice. Serves 6.

Barbara Chesky

CHOW MEIN HOT DISH

1 lb. ground beef, browned	2 c. celery
1/3 c. uncooked rice	1 large onion
2 1/2 c. hot water	2 Tbsp. soy sauce
1 can mushroom soup	1 Tbsp. brown sugar

Mix above ingredients and put in casserole. Bake 1 hour at 350°.

Mildred A. Lang

CRISP NOODLE CHICKEN

- | | |
|---|--------------------------------------|
| 1 broiler-fryer chicken,
cut up | 1 c. sour cream |
| 1 (10 1/2 oz.) can
cream of mushroom
soup | 3 Tbsp. (1/2 pkg.) onion
soup mix |
| | 1/2 tsp. pepper |
| | 1 (3 oz.) can chow mein
noodles |

Place chicken in a single layer in shallow casserole. In a bowl, combine soup, sour cream, soup mix and pepper; blend thoroughly. Spread over chicken. Sprinkle with noodles. Bake 1 1/2 hours at 350° or until chicken is tender. Yields 4-6 servings.

Nancy Withers

DAVE'S CHICKEN CACCIATORE

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|--|-------------------------|
| 1 medium baking hen | 1 clove garlic, crushed |
| 1/2 lb. fresh mushrooms,
cut in halves | 3 oz. red wine |
| 1 (12 oz.) can Hunt's
tomato herb sauce | 1/4 stick margarine |
| 1 (12 oz.) can stewed
tomatoes | 2 Tbsp. black pepper |
| 2 medium onions, diced | 1 Tbsp. salt |
| 1 large green pepper,
diced | 1 Tbsp. paprika |
| | 1-2 Tbsp. curry powder |
| | 3-6 bay leaves |
| | 2 oz. lemon juice |
| | 1 small can V-8 juice |

Boil chicken for 45 minutes on medium-high; then remove skin and pull meat from bones. Saute mushrooms, diced onions, garlic, diced green pepper, red wine, 1/4 stick margarine, bay leaves, lemon juice and 1/4 cup water. Combine and add all other ingredients, except V-8 juice, and cook 1 hour on medium or medium-low. Add V-8 juice if too thick or if you want to stretch it. Serve with rice or egg noodles. Serves 4-6.

David Beck

DEVEILED CHICKEN LEGS

- | | |
|------------------|------------------------------|
| 1/2 c. soy sauce | 2 Tbsp. prepared mustard |
| 3 Tbsp. sherry | 3 lb. chicken legs or thighs |

(Continued on Page 88)

DEVEILED CHICKEN LEGS (Continued)

1 c. dried bread crumbs	1/2 tsp. hot pepper sauce
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About 4 hours (overnight is fine) before serving, combine soy sauce, sherry, mustard and hot pepper sauce. Place chicken, skin removed, in a plastic bag. Pour marinade over chicken. Refrigerate, turning chicken occasionally.

About 1 hour before serving, remove chicken from marinade. Place bread crumbs in a plastic bag; add 2 or 3 pieces of chicken and shake to coat. Place chicken in an oiled pan. Bake 1 hour at 350°, turning after 30 minutes. Serves 6.

Fran Tannehill

DEVEILED SWISS STEAK

3 Tbsp. cooking oil	1 Tbsp. mustard
1 onion, sliced in rings	1 Tbsp. Worcestershire sauce
1/3 c. flour	dash Tabasco sauce
1 tsp. salt	1/2 tsp. garlic powder
1/4 tsp. pepper	1 lemon, sliced
2 1/2 lb. round steak	1 Tbsp. brown sugar
2 c. tomatoes	

Heat oil; add onion rings and saute 5 minutes. Remove onions from oil. Mix flour, salt and pepper. Rub into steak. Brown steak in hot oil. Mix remaining ingredients and pour over steak. Place onion rings on steak. Cook over low heat for 2-2 1/2 hours.

Helen Lentz

DREAM CHICKEN SALAD

1 large hen	1 c. small English peas
1/2 pkg. gelatine (1/2 box)	2 c. diced celery
1 c. mayonnaise	3 boiled eggs
1 c. blanched almonds	2 c. stock
	1 c. pimentos

Soak gelatine in small amount of water and add to hot stock. To this, add the chopped ingredients.

DREAM CHICKEN SALAD (Continued)

Season to taste. Pour into molds and place in refrigerator. Serve on lettuce. Serves 25 people.

Adelaide Shuping

ELEPHANT STEW

1 elephant	brown gravy
salt and pepper	2 rabbits (optional)

Cut elephant into bite-sized pieces; this will take two months. Cover with gravy and season. Cook over fire at 465° for five weeks. Serves 3,999 people. If more arrive, 2 rabbits may be added. But do this with caution as most people do not like to find hare in their stew.

Anonymous

EASY CHICKEN CREOLE

1 chicken, cut up	1 qt. tomato juice
1 large or 2 small onions, sliced	cayenne powder or pepper
2 bell peppers, sliced	Texas Pete

Coat chicken with flour and fry until done. Add tomato juice, onions and bell peppers. Simmer 5 minutes. Add salt and pepper to taste, cayenne powder (or diced cayenne pepper), and Texas Pete to taste. Let simmer until tomato juice becomes thick and aromatic. Serve over rice.

Ann Beard Little

EASY CHICKEN PIE

1 (2-3 lb.) chicken, cut up or 5 chicken breasts or 3 chicken breasts and 2 thighs	1 (10 1/2 oz.) can cream of celery soup
1 (10 1/2 oz.) can cream of chicken soup	1 stick margarine
	1 c. flour
	1/2 tsp. pepper
	2 tsp. baking powder
	1 c. milk

(Continued on Page 90)

EASY CHICKEN PIE (Continued)

Cook chicken until tender, then remove bones and skin. Cut in small pieces. Reserve 1 1/4 cups chicken broth.

Heat chicken, broth and soups together, then pour soups and broth over chicken in a 12 x 12-inch baking dish.

For the topping or crust over chicken, first melt margarine. Add margarine and milk; pour over the flour and dry ingredients. Blend well. Be sure the flour is not lumpy. Bake at 400° for 30-45 minutes. Serves 8-10 people.

Mrs. Lena Fincher

FROMAGE BEEF PIE

- | | |
|---------------------------------|--|
| 1 lb. extra lean ground beef | 1/2 tsp. salt |
| 1 (6 oz.) box seasoned croutons | 2 eggs, beaten separately |
| 1 (4 oz.) can tomato sauce | 1/2 c. sliced, fresh or canned mushrooms |
| 2 tsp. instant minced onion | 1 c. shredded Cheddar cheese |

Combine beef, 1 cup croutons, tomato sauce, onion, salt and 1 egg; press into sides and bottom of a 9-inch pie pan. Mix remaining croutons, egg, mushrooms and cheese. Arrange croutons over beef crust. Bake at 375° for 75 minutes. Makes 6 servings.

Mary Faith Beard

GOOD-AND-PLENTY-PIZZA

Pizza Crust:

- | | |
|--------------------------|-------------|
| 2 c. biscuit mix | 1/2 c. milk |
| 2 Tbsp. French's mustard | |

Measure mix into bowl; stir mustard into milk and blend into mix. Knead 1 minute on board dusted with biscuit mix. Roll to fit a 12-inch pizza pan. Prick surface with fork. Bake in hot oven (425°) for 5-7 minutes or until set. Remove from oven. Reduce heat to moderate (375°). Prepare filling.

Pizza Filling:

2 (8 oz.) cans tomato sauce	1 lb. bulk pork sausage meat, well cooked and well drained
1 Tbsp. sugar	1 c. grated sharp Cheddar cheese
1 Tbsp. minced onion	2 Tbsp. grated Parmesan cheese
2 Tbsp. French's mustard	
1/4 tsp. oregano	

Combine tomato sauce, sugar, onion, mustard and oregano; bring to a boil. Simmer 10 minutes. Pour into partially-baked crust. Sprinkle with half of the Cheddar cheese, then sausage, then remaining Cheddar cheese; top with Parmesan cheese. Return to oven and bake 12-15 minutes or until cheese melts and crust is deep golden brown. Yields 6 servings.

Evelyeen Smith

GRANDMOTHER'S OLD-FASHIONED
CHICKEN DUMPLINGS

approximately 4 c. plain flour (more or less)	1 c. hot chicken stock (if not rich, add 1 stick oleo or Crisco)
1 tsp. salt	1 egg (if you wish)

Put flour in bowl; add other ingredients. Pour hot stock to scald flour. Use fork at first. Then with hands, work dough until it is really stiff. Roll out thin on floured board and cut into strips. Pinch off and drop into boiling stock. Don't try to roll all at once. Cover and cook slowly for 15-20 minutes.

GRECO

1 yellow onion, chopped	2 c. shell macaroni
1 green pepper, chopped	2 (8 oz.) cans tomato sauce
1-2 small cans mushrooms, drained	1 (17 oz.) can cream-style corn
	sharp cheese
	1 lb. ground beef

(Continued on Page 92)

Fry onion and green pepper in small amount of oil until glossy. Brown meat in above. Keep moving to prevent burning. Add mushrooms and remove from heat.

Boil macaroni until tender; drain and add to above. Add tomato sauce and corn; mix well. Place in greased, 13 1/2 x 8 3/4 x 1 3/4-inch casserole and refrigerate. When ready to bake, grate lots of sharp cheese on top and place in a 300° oven for 1 hour. Serves 8.

Mrs. Roy A. Agner, Jr.

GROUND BEEF CASSEROLE

2 1/2 lb. ground chuck	Accent
2 medium onions, chopped	2 (8 oz.) pkg. cream cheese, softened
2 (8 oz.) cans tomato sauce	1 (8 oz.) carton sour cream
1 1/2 tsp. salt	1 (8 oz.) pkg. small noodles
1 Tbsp. sugar	sharp cheese, shredded
pepper	

In large skillet, brown beef and onions; add tomato sauce, salt, sugar, pepper and Accent to taste. Combine cream cheese and sour cream; add to meat. Cook noodles according to package directions; drain. Place noodles and meat mixture in shallow baking dish. Cover with cheese. Cover and cook for 30 minutes at 350° or until bubbly. Makes 6 servings.

Carolynn Spry

HAWAIIAN CHARCOAL ROAST

1 (5-7 lb.) chuck roast (about 2 1/2-inch thick)*	3 Tbsp. water
1/2 c. soy sauce	1 Tbsp. salad oil
1/4 c. blended whiskey	1 Tbsp. plus 1 tsp. brown sugar
3 Tbsp. lime juice	1/2 tsp. ginger
	2 large cloves garlic, crushed

Trim excess fat and score edges of meat to prevent curling. (*Use chuck roast if using a covered

HAWAIIAN CHARCOAL ROAST (Continued)

grill or use a nice sirloin steak if using an open grill. I prefer a covered grill.)

For marinade: Combine remaining ingredients; pour over roast. Turn roast and spoon over top. Marinate for 4-5 hours at room temperature in covered container. Turn every hour.

For rare roast, grill about 6 inches from coals for about 30 minutes. For steak, grill according to taste. Serve roast in thin slices.

Izetta Lingle

HOT BROWN

1/3 c. butter or margarine	2 eggs, beaten
1 medium, chopped onion	2 pkg. broccoli spears
3 c. milk	sliced ham, turkey or chicken
1 tsp. salt	8 strips bacon, fried
1 Tbsp. butter	1 Tbsp. flour
1/4 lb. grated Cheddar cheese	pepper to taste

Saute onion in butter until tender, not browned. Add flour; blend to make smooth paste. Add milk, salt and pepper. Stir and cook over medium heat until smooth and thick. (Use more flour, if needed.) Add cheese and stir until melted.

Pour some of the cheese mixture into beaten eggs, then back into pan. Heat well. Do not boil. Add butter.

Toast bread and cut diagonally. Place on ovenproof plates. Layer with meat, sauce, broccoli, bacon and sauce. Sprinkle with Parmesan cheese. Broil until bubbly. Serves 4.

Edith Julian

HOT CHICKEN SALAD (Makes 4-6 Servings)

1 1/2 c. cooked chicken, cut up	1 Tbsp. minced onion
1 c. chopped celery	3/4 c. mayonnaise
	1 can cream of chicken soup

(Continued on Page 94)

HOT CHICKEN SALAD (Continued)

1 1/2 c. cooked rice	1/4 c. slivered almonds
1 c. Special K	

Mix ingredients in casserole and top with mixture of Special K and slivered almonds, browned in butter. Bake at 325° for 45 minutes.

Nancy Withers

HOT CHICKEN SALAD

4 c. diced chicken	3/4 c. chicken stock
2 cans cream of chicken soup	1 tsp. salt
2 c. diced celery	4 Tbsp. lemon juice
2 c. slivered almonds	1/2 tsp. black pepper
1/3 c. mayonnaise	6 hard-cooked eggs
	1 c. cracker crumbs

Combine all above, except cracker crumbs. Bake at 350° for 40 minutes.

Pauline Tatum

HOT CHICKEN SALAD

2 c. chopped chicken	1 tsp. lemon juice
1 c. mayonnaise	1/2 c. almonds, sliced
3 boiled eggs	salt and pepper to taste
1 can cream of chicken soup	Chinese noodles

Preheat oven at 350°. Mix all ingredients together. Put in a 2-quart casserole dish and top with 1 can of Chinese noodles. Bake about 20 minutes or until slightly brown. Makes 6 servings.

Patsy Cash

HOT CHICKEN SALAD

4 c. chicken	1 tsp. salt
1 c. sour cream	4 Tbsp. lemon juice
2 c. celery	pepper to taste
2 c. almonds	6 boiled eggs
1/3 c. mayonnaise	1 c. cracker crumbs
3/4 c. chicken stock	

HOT CHICKEN SALAD (Continued)

Combine all but crackers. Bake at 350° for 40 minutes. Sprinkle cracker crumbs on top, then bake.

Edna C. Pinkston

CHICKEN CASSEROLE

4 chicken breasts, cooked and broken into pieces	1 can cream of chicken soup
1 small can peas and carrots	1 1/2 c. chicken broth
	1 stick margarine, melted
	1 1/2 c. Bisquick
	1 1/2 c. milk

Combine Bisquick and milk; add margarine. Pour over chicken mixture in a 9 x 13 x 2-inch pan. Bake 45 minutes at 350°. Makes a large casserole and serves 12-15.

Dorothy P. Craven

HOT DOG CHILI

2 lb. hamburger meat	4 Tbsp. flour
4 tsp. chili powder	2 c. tomato catsup
4 Tbsp. butter	salt and pepper to taste

Cook meat with enough water to cover for 30 minutes. Add chili powder, butter, catsup and salt and pepper. Cook a few minutes longer. Stir in flour; cook another minute or two, stirring; then set aside to cool.

Note: This is a quantity amount for freezing. Divide chili into containers and freeze.

Margaret Buie

HOT SPAGHETTI SAUCE

2 large cans tomato puree	1/2 green pepper, chopped
1 small can tomato paste	1/2 onion, chopped
1 large can water	4 garlic cloves, chopped fine
	1 large can BinB mushrooms

(Continued on Page 96)

HOT SPAGHETTI SAUCE (Continued)

1 medium sausage	1 Tbsp. oregano
pepperoni	sugar
tarragon to taste	1/2 tsp. vinegar
salt and pepper to taste	

For thin sauce: Cover the 3 hours. In large pot, add green pepper, onion and garlic. Saute in 2 tablespoons olive or Mazola oil. Add puree, tomato paste and water. Simmer 15 minutes. Make meat balls and add. (These can be browned ahead, if desired, or added directly to sauce.) Simmer 45 minutes more. Add pepperoni, sliced thin, and drained mushrooms. Cook over very slow flame, uncovered, for 3 hours.

Note: I usually add seasonings after the pepperoni and mushrooms.

Barbara Stavelly

JIM'S BRUNSWICK STEW

4 lb. beef	3 bottles chili sauce
4 lb. pork	2 bottles catsup
1 (5 lb.) hen	1/2 c. vinegar
4 cans tomatoes	red pepper to taste
4 cans green Limas	salt and pepper to taste
3 cans white corn	

Cook beef and pork together; cook hen separately. Put all meats in pressure cooker. Cook until done. String the meats by hand. Keep the broth. Add all other ingredients to the broth. Cook on medium heat for 2 hours after it reaches the boiling point; stir continuously. Makes 4 gallons. Freezes well.

Lynn Honeycutt

LAKE STEW

1 lb. ground chuck	1 1/2 c. water
1 pkg. dried onion	1 (1 lb.) can tomatoes
soup mix	1 c. frozen or canned peas
3/4 c. raw rice	1 c. shredded cheese

Brown meat in a skillet. Add soup mix, rice,

LAKE STEW (Continued)

water, tomatoes and peas. Bring to a boil. Reduce heat. Cover and simmer for 25 minutes. Remove cover. Top with cheese and serve when cheese has melted.

Fran Tannehill

LASAGNA

1 (8 oz.) pkg. lasagna noodles	handful parsley, chopped
2 cloves garlic, minced	dash oregano
1 lb. ground beef	1/2 tsp. salt
1 (28 oz.) can pureed tomatoes	6 oz. Mozzarella cheese
1/4 c. olive oil	32 oz. cottage cheese
	Parmesan cheese

Cook noodles. Meanwhile, brown garlic and ground beef together. Pour off liquid. Into meat mixture, add pureed tomatoes, olive oil, parsley, oregano and salt. Cover and let simmer for 15 minutes.

Butter a round, deep casserole dish and cover with a layer of noodles. Add a layer of Mozzarella cheese; add cottage cheese, then a layer of meat mixture. Repeat in this order. Top with lots of Parmesan cheese. Bake for 30 minutes at 350°. Serves 6-8.

Judy Bringle

LASAGNA

1 recipe spaghetti sauce mixture (your own favorite)	2 eggs
lasagna noodles	Parmesan cheese
1 small carton cottage cheese	shredded Mozzarella cheese
	salt and pepper

Cook spaghetti sauce as desired. Cook lasagna noodles (6-8, depending on size of dish). Mix cottage cheese, eggs, Parmesan cheese, salt and pepper together.

Layer dish beginning with sauce, then noodles; spread cheese mix over noodles and top with another layer of noodles, then sauce. Add shredded cheese to top. Bake, covered, at 350° for 30-45 minutes.

Toni Kenerly

LITTLE PIZZAS

1 1/2 lb. hamburger	1/2 tsp. oregano
1 lb. sausage	1/2 tsp. basil
1 lb. Velveeta cheese	1 Tbsp. garlic powder
2 Tbsp. parsley flakes	2 loaves party rye bread

Saute hamburger and sausage. Pour grease off. Add cheese and spices. Spoon on bread and freeze on bread slices. Put in bags and when ready to serve, cook about 15-20 minutes at 350°.

Adelaide Shuping

LIVER DUMPLINGS

2 lb. stew beef	1/4 tsp. pepper
1/4 lb. beef fat	1/4 tsp. ground sage
1 tsp. salt	1 egg, beaten slightly
3 pt. water	1 1/2 c. flour
1 medium onion	1/4 LB. LIVER

Cook beef, fat, salt and water in large saucepan until tender; remove meat from broth. Reserve broth. While beef is cooking, cook liver until tender in a small amount of water. Reserve broth. When done, cut or chop liver, beef, onion and fat in small pieces. In large bowl, mix all ingredients, liver broth and enough water to make stiff dough.

Drop by spoonfuls into remaining boiling broth in pot. Cook until done and serve with beef.

Minnie Epting

MARINATED ROAST

1/2 c. wine vinegar	1/4 c. soy sauce
1/2 c. lemon juice (bottled)	1/2 tsp. Accent (optional)

Marinate meat overnight, turning once. Keep covered while marinating and cooking.

Adelaide Shuping

MARYLAND DEVEILED CRAB
(If You Can Afford It)

1 lb. crabmeat	2 Tbsp. chopped onion
3/4 c. milk or cream	2 Tbsp. green pepper
1 Tbsp. flour	1 tsp. dry mustard
1 tsp. Worcestershire sauce	1 c. bread crumbs
1 egg yolk	1 tsp. butter
1 Tbsp. lemon juice	salt and red pepper to taste

Melt butter; stir in flour. Add milk and cook until thickened. Add slightly-beaten egg yolk. Add rest of ingredients, except crabmeat and bread crumbs; mix well and toss in crabmeat. Sprinkle top with bread crumbs and butter.

May be used as a casserole, in ramekins or crab shells. Bake in hot oven until brown. Serves 6-8.

Note: May use claw crabmeat instead of back fin. Use more milk, if necessary.

Garnelle Sapp

MARZETTI

1 lb. ground veal (beef)	onion
1/2 lb. ground pork	2 cans tomato soup
1 (12 oz.) pkg. fine egg noodles	2 cans cream of mushroom soup
1 stalk celery	1 lb. grated cheese (mellow or sharp)
bell pepper	

Salt the veal and pork; brown in Crisco. Prepare noodles. Boil together until tender: Celery, bell pepper and onion. Mix together with meat and soups. Drain noodles and add to this mixture thoroughly.

Alternate in large baking dish with cheese; save a little cheese for a topping. Bake 30 minutes before serving at 350°. Great for freezing.

Caroline Hampton

MEAT LOAF

1 lb. hamburger or ground beef	1 c. milk
2 Tbsp. Worcester-shire sauce	3-4 slices bread, broken in small pieces
1 large onion, chopped	1/2 tsp. salt
1 sweet pepper, chopped	1/2 tsp. pepper
	1/2 c. ketchup

Combine all ingredients, mixing well. Bake 1 hour at 350°. Top with more ketchup.

Marjorie Long

MEAT LOAF ROLL

2 lb. ground beef	1/2 c. tomato sauce
1/2 c. instant potato flakes	2 eggs
1/2 c. finely-chopped onion	2 tsp. salt
1 tsp. Worcestershire sauce	1/4 tsp. pepper
	1 tsp. steak sauce

Shape ground beef into a 14 x 10-inch rectangle on a sheet of waxed paper.

Filling:

1 (15 oz.) pkg. Ricotta cheese	1/2 c. grated Parmesan cheese
1 (10 oz.) pkg. frozen chopped spinach	1 tsp. instant potato flakes
1 egg	1/4 tsp. salt
	1/2 tsp. pepper

Combine filling ingredients and place in center of roll. Begin at short end and roll jellyroll fashion. Put in a 9 x 5-inch loaf pan. Bake at 350° for 1 hour.

Glaze:

2 tsp. brown sugar	1 1/2 tsp. dry mustard
1/4 c. tomato sauce	2 tsp. grated Parmesan cheese

Combine glaze ingredients and place on top of

MEAT LOAF ROLL (Continued)

meat loaf. Sprinkle Parmesan cheese on top. Bake 15 minutes longer. Yields 6-8 servings.

Jewel Long

OVEN-FRIED LEMON CHICKEN

2 chickens, cut up (about 3 lb. each)	1 (6 oz.) can frozen concentrated lemonade, thawed
salt and pepper	
1/2 c. (1 stick) butter, melted	6 c. corn flake crumbs

Wash chicken and pat dry. Sprinkle with salt and pepper. Place chicken in bowl and pour lemonade over. Stir to coat all pieces. Let stand 1 hour at room temperature. Drain and roll pieces in crumbs, coating each completely. Brush baking pan with butter. Place chicken in single layer in pan and drizzle with remaining melted butter. Bake at 350° for 1 hour or until chicken is easily pierced and richly browned. Serves 6.

Eleanor Sifford

PEPPER STEAK

1 1/2 lb. (1 inch thick) round steak	1/4 c. soy sauce
1/4 c. oil	1/2 tsp. sugar
1 clove garlic, crushed	3/4 c. beef bouillon or 2 bouillon cubes and 3/4 c. water
1 tsp. salt	
1 tsp. ginger	1 small can mushrooms with juice
1/2 tsp. pepper (black)	1 Tbsp. cornstarch
3 large bell peppers, sliced	1/4 c. water
2 large onions, sliced	

Cut meat (while still frozen) in 1/8-inch thick slices. Heat oil. Add garlic, salt, pepper and ginger. Saute until garlic is golden. Add steak and brown slightly, 2-5 minutes. Remove meat. Add peppers and onions; cook 3 minutes, no longer. Return meat to pan. Add soy sauce, sugar, bouillon

PEPPER STEAK (Continued)

and mushrooms. Add cornstarch to 1/4 cup water and dissolve. Add to mixture and simmer until thick.

Izetta Lingle

QUICK BEEF STROGANOFF

1/4 c. margarine	1/4 tsp. pepper
3/4 c. chopped onion	1 Tbsp. Worcestershire
1/4 c. chopped green pepper	sauce
1 1/2 lb. ground beef	1 Tbsp. wine vinegar
1/3 c. flour	1 (16 oz.) can tomatoes
2 tsp. garlic salt	1 (6 oz.) can tomato paste

Brown beef in skillet and drain. Melt margarine in skillet and saute onion and pepper. Add other ingredients, slowly stirring to blend. Cover and cook over low heat for 30 minutes. Serve over hot noodles or fluffy rice.

Margaret Buie

QUICK CHICKEN POT PIE

1 (16 oz.) can peas and carrots	4 potatoes, diced and boiled
1/2 c. milk	1 can cream of mushroom soup
4 chicken breasts (boneless), boiled and diced	1 can cream of chicken soup
	4 Ritz pie shells

Mix all ingredients together, except pie shells. Boil on top of stove for 10 minutes. (Chicken and potatoes are precooked.) Brown 2 pie shells for bottom crusts. Pour in cooked ingredients; put the remaining pie shells on top as top crust. Bake until crust is brown on top. Makes 2 pies. Freezes well.

Lynn Honeycutt

PEPPER STEAK

2 Tbsp. vegetable oil	1 onion,, chopped
1 1/2 lb. round steak	1 bell pepper, cut in strips
1/8 tsp. garlic powder	1 can tomatoes

PEPPER STEAK (Continued)

1 beef bouillon cube	1/2 tsp. salt
1 Tbsp. cornstarch	pepper to taste
2 Tbsp. soy sauce	

Cut beef in long strips 1/2-inch wide. Saute in vegetable oil. Add onion and green pepper; saute 2 minutes. Add tomatoes and bouillon cube, dissolved in 1/2 cup water. Simmer 30 minutes or until tender.

Blend other ingredients and add to meat mixture and cook. Stir until thickened. Reduce heat and simmer slowly for 5 additional minutes. Serve over cooked rice.

Mrs. Faye Misenhour

POLYNESIAN PARTY LOAF

1 lb. ground smoked ham	1/4 c. pineapple juice
1 lb. lean ground pork	2 Tbsp. brown sugar
2 eggs, unbeaten	1/2 c. milk
3/4 c. soft bread crumbs	2 Tbsp. catsup
	1 1/2 tsp. salt
	1/4 tsp. pepper
	8 slices pineapple, drained

Combine all ingredients, except pineapple. Divide into 9 parts and form into equal-sized patties. In a loaf pan, make a long roll, alternating patty and pineapple slice, starting and ending with patty.

Bake in a 350° oven for 30 minutes; baste with Spicy Glaze. Continue baking for 1 hour longer; baste every 20 minutes.

Spicy Glaze:

1 c. firmly-packed brown sugar	1/4 c. pineapple syrup
2 Tbsp. cornstarch	3 Tbsp. vinegar
	1 1/2 tsp. prepared mustard

Mix cornstarch with sugar; add other ingredients and stir to dissolve well. Use to baste loaf. Makes 8 servings.

Fran Tannehill

ROAST TURKEY

1 (10-14 lb.) turkey*	black pepper (approximately
1/2 tsp. salt per	1/2 the amount of salt)
pound	1 stick margarine
	3 Tbsp. Kitchen Bouquet

Preheat oven at 325°. Bake for approximately 20 minutes per pound.

After removing giblets and neck, rinse bird and drain. Melt margarine and stir in salt, pepper and Kitchen Bouquet. Rub turkey thoroughly (inside and out) with this mixture. Use all of the mixture. Place turkey in roasting pan lined with foil; enclose with foil. No lid is required. Needs no basting. Turkey will be golden brown and very juicy. Bake with breast side up.

*If your bird is larger, increase the remaining ingredients.

Nell Nash Sowers

SAUSAGE CASSEROLE

1 lb. sausage meat, fried and drained	1 can cream of onion soup
1 c. bell pepper	1 can water
1 c. chopped onion	1 c. uncooked rice
1 can cream of mushroom soup	salt and pepper to taste

Saute onion and pepper; then add mushroom soup, onion soup and water. Add salt and pepper to taste. Add rice and mix together. Pour in casserole and bake at 300° for 1 hour.

Montye Furr

SAUERBRATEN

3 lb. top round beef	1 c. water
1/4 c. chopped onion	2 tsp. salt
1 Tbsp. paprika	1/4 tsp. thyme
2 bay leaves	2 cloves
1 c. vinegar	2 Tbsp. shortening or oil

Mix vinegar, water, onion, bay leaves, paprika, cloves and thyme. Heat and pour over meat. Cover

SAUERBRATEN (Continued)

and store in refrigerator for 2-3 days; turn once each day. Remove meat; drain. Strain and save marinade. Brown meat in shortening or oil. Pour marinade over meat; cover and simmer 3 hours. Serves 6.

Margaret Buie

SAVORY PEPPER STEAK (For Crock-Pot)

- | | |
|--|--|
| 1 1/2-2 lb. beef round
steak (1/2 inch thick) | 2 large green peppers, cut
into 1/2-inch strips |
| 1/4 c. flour | 1 (16 oz.) can whole
tomatoes |
| 1/2 tsp. salt | 1 Tbsp. beef flavor base
(paste or granules) |
| 1/8 tsp. pepper | 1 Tbsp. soy sauce |
| 1 medium onion,
chopped | 2 tsp. Worcestershire sauce |
| 1 small clove garlic,
minced | fluffy rice |

Cut steak into strips. Combine flour, salt and pepper; toss with steak strips to coat. Add to crock-pot with onion, garlic and half the green pepper strips. Stir. Combine other ingredients, except rice, and pour into crock-pot. Moisten meat well.

Cover and cook on low setting for 8-12 hours. One hour before serving, turn to high setting and stir in remaining green pepper strips. If thickened gravy is desired, make a paste of 3 tablespoons flour and 3 tablespoons water. Stir into crock-pot and cook until thickened. Serve gravy and steak over hot rice. Makes 2 quarts.

Carrie S. Beard

SPAGHETTI CASSEROLE

- | | |
|--------------------------|---|
| 1 lb. ground chuck | 1 (8 oz.) pkg. spaghetti,
cooked and drained |
| 1 c. celery | 1 can tomato soup |
| 1 c. onion | 1 (8 oz.) can tomato sauce |
| 1 c. green pepper | 1/4 c. grated cheese |
| salt and pepper to taste | |

Brown meat; add onion, celery and pepper.

(Continued on Page 106)

SPAGHETTI CASSEROLE (Continued)

Season with salt and pepper. Let cook while spaghetti cooks. Drain spaghetti. Add all together with tomato soup, tomato sauce and cheese. Pour into casserole and bake at 350° for 30-45 minutes. Serves 4-6.

Nancy Bowden

SCRAPPLE

1 lb. hot pork sausage	1 tsp. rubbed sage
4 c. beef broth, divided	1 tsp. salt
1 c. yellow corn meal	

Cook sausage meat in skillet, breaking up with spoon until well browned, crisp and done. Drain off fat. In heavy saucepan, bring 3 cups beef broth to a boil. Stir remaining cup of broth with corn meal, then beat mixture into boiling broth. Stir over medium heat until thick and smooth, about 5 minutes. Cover and cook over low heat, stirring occasionally, until mixture mounds when dropped from spoon, about 15 minutes. Stir in meat and seasonings; cook 5 minutes longer. Pack firmly in two, greased, 1-pound cans. Refrigerate when cool.

Marlene Plyler

SEAFOOD CASSEROLE

2 lb. cleaned, cooked shrimp	1 tsp. Worcestershire sauce
1/2 lb. crabmeat (fresh or canned)	1/2 tsp. salt
1 1/2 c. chopped celery	1/2 tsp. pepper
1 large green pepper, chopped	1 c. mayonnaise (regular or Weight Watchers)
1 small onion, chopped	2 c. crumbs for topping (Ritz crackers, bread, Pepperidge Farm or whatever you prefer)

Combine ingredients in greased casserole; cover with favorite crumb topping and bake at 350° for 30 minutes. Serve hot or chill overnight in refrigerator and serve cold. Good for picnics. Keep on ice until serving.

Mary Ann Hoover

BAKED SEAFOOD CASSEROLE

1 lb. crabmeat	1/4 c. minced onion
1 lb. lobster meat	1 1/2 c. finely-chopped
1 lb. cooked and deveined shrimp	celery
1 c. mayonnaise	1/2 tsp. salt
1/2 c. chopped green pepper	1 Tbsp. Worcestershire sauce
	2 c. crushed potato chips paprika

Mix seafood with mayonnaise, prepared vegetables and seasonings. Put into buttered baking pan and completely cover with the crushed potato chips. Sprinkle with paprika. Bake at 400° for 20-25 minutes. Serves 8-10.

Carrie S. Beard

SEAFOOD BISQUE

1 1/2 c. margarine	1 can cream of shrimp soup
3 Tbsp. chopped pepper	1 can evaporated milk
3 Tbsp. chopped onion	1/2 c. milk
3 Tbsp. chopped celery	1 tsp. salt
1/2 lb. shrimp	1/2 tsp. pepper
1/2 pt. oysters	1/2 tsp. Italian seasoning
1/2 lb. crab	

Saute first four ingredients until tender. Add shrimp, oysters and crab; saute until white. Add all other ingredients and heat. Do not boil. Add 3 tablespoons wine before serving. Makes four large servings.

Carrie S. Beard

SHANGHAI CHICKEN

2 1/2 lb. chicken breasts or 1 (3 1/2 lb.) broiler, cut in quarters	1/2 lb. fresh mushrooms or 3 (2 1/2 oz.) jars
1 Tbsp. granulated (dry) chicken bouillon	1 1/2 c. celery, sliced diagonally, about 1/4-inch wide
1/2 tsp. ground ginger	1 1/2 c. onions, cut about same size as celery

(Continued on Page 108)

SHANGHAI CHICKEN (Continued)

- | | |
|---|---|
| 1 lb. fresh bean sprouts or | 1 can Campbell's Golden mushroom soup |
| 1 (16 oz.) can, drained (discard juice) | 3 Tbsp. peanut oil or Mazola plus 2 Tbsp. butter |
| 1 (8 1/2 oz.) can water chestnuts, drained and sliced (discard juice) | 1-2 cloves (sections peeled garlic) |
| 1/4 tsp. Accent mixed with another 1/4 tsp. ginger, mixed with 3 Tbsp. cream sherry and 1 Tbsp. soy sauce | 3 Tbsp. cornstarch, dissolved in 1 c. chicken broth |
| | 1 Tbsp. chopped pimiento |

Note: Salt is not needed as there is enough in the chicken bouillon, soy sauce and soup (Golden mushroom, not cream of).

Place chicken as flat as possible in pan which has lid and just enough water to cover. Add chicken bouillon and 1/2 teaspoon ground ginger; simmer until done. When cool enough to handle, use kitchen shears to cut into bite-sized pieces and refrigerate. This should yield about 3 1/2 cups chicken. This can be done the day before serving.

Rinse, drain and slice the fresh mushrooms. Saute in butter or fat skimmed from chicken stock. If fresh aren't used, reserve liquid which can be mixed with soup.

Use a 10-inch, heavy frying pan or a wok. Cook garlic in oil until brown, then remove and discard garlic with a slotted, long-handled spoon. Place celery in oil and cook only until it changes color, about 2 minutes. Remove with the slotted spoon and place in a rectangular pan, about 10 x 15 inches, which is at least 2 inches deep. Mix with approximately 1/2 of the chicken and spread evenly over bottom of pan. Keep warm in a 250° oven.

Cook onions in the oil just until they become transparent, then remove to spread evenly in pan with celery-chicken. Dot some pimiento onto this. Next, spread the bean sprouts, water chestnuts, remaining chicken and mushrooms in pan and keep warm in oven.

Dissolve cornstarch in chicken stock and cook until it thickens. Add the Golden mushroom soup and

SHANGHAI CHICKEN (Continued)

blend in the mixture of Accent, ginger, sherry and soy sauce. Spread this evenly over food being kept warm in oven; add remaining pimiento. Slivered almonds can be sprinkled on top just at serving time, if desired. Vegetables should not be overcooked, but crisp.

Cook 3 cups rice according to package directions, using a large vessel. Chicken should be served over a mound of rice. Recipe serves 17-20.

Note: Have all ingredients measured and cans opened before heating oven. Recipe is not baked, but kept warm in oven.

Mrs. C. E. (Frances) Kneeburg

SHRIMP AND RICE AU GRATIN

2 Tbsp. butter	1 c. New York sharp
2 Tbsp. flour	cheese, grated
1 1/2 c. tomato juice	1 c. cooked shrimp
dash cayenne pepper	1 c. cooked rice
1/2 tsp. salt	1 c. bread crumbs

Melt butter; blend flour and add tomato juice slowly. Cook until thickened. Add salt, pepper and cheese. Stir until cheese melts. Add shrimp and cooked rice. Pour into buttered casserole. Cover with bread crumbs. Bake at 375° for 15 minutes or until heated through and slightly browned. Serves about four.

This recipe doubles easily. The more shrimp you use, the better the flavor! When doubling, always use about 2 1/2-3 cups shrimp.

Nancy G. Bowden

SHRIMP MOLD

1 c. tomato soup (concentrated)	2 c. cooked shrimp
2 (3 oz.) pkg. cream cheese	2 Tbsp. gelatin
1 c. mayonnaise	1/2 c. green pepper, cut fine
	1 small grated onion
	1/2 lb. crabmeat (optional)

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SHRIMP MOLD (Continued)

Put soup on to heat. Chop up shrimp and/or crabmeat. Dissolve cream cheese in soup. Soak gelatin in about 1/4 cup water and dissolve in hot soup mixture. Add mayonnaise, green pepper, onion and shrimp. Pour into mold. Refrigerate.

Note: You can add chopped celery, too.

Adelaide Shuping

SOUR CREAM ENCHILADAS

2 cans cream of chicken soup	1 pkg. (12) frozen tacos, thawed and separated
1 (4 oz.) can green chilies, chopped	2 c. shredded Cheddar cheese
1 pt. sour cream	3/4 c. minced onion

Combine soup, green chilies and sour cream in saucepan; heat to simmer. Dip each taco in 1/2 inch of boiling water in small skillet. Rolling one taco at a time, place in a 9 x 13-inch, oiled baking dish. Add a tablespoon of onion, a tablespoon of cheese and a tablespoon of soup mixture. Fold taco over with seam on bottom. Continue process until all tacos are rolled.

Pour soup mixture over tacos; cover with grated cheese. Bake 20 minutes at 350°.

Fran Tannehill

SHRIMP CASSEROLE (Makes 6-8 servings)

2-3 onions	1 can tomato soup
1 green pepper	1 can shrimp
1 c. rice, uncooked	small amount butter
1 can mushrooms	

Brown onions and green pepper in small amount of butter. Cook rice. Mix together mushrooms and tomato soup. Combine shrimp with rice and soup; add all other ingredients. Bake at 350° for approximately 30 minutes.

STUFFED BELL PEPPERS

6 large bell peppers	1 c. uncooked Minute rice
1 lb. ground beef	salt and pepper to taste
1 large onion, chopped	1 c. tomato sauce
1/2 c. catsup	6 slices cheese
1 c. tomatoes	

Cut peppers in halves lengthwise and remove seeds. Parboil for 10 minutes. Brown ground beef and onion; drain off fat. Add catsup, tomatoes, rice, salt and pepper. Simmer until rice absorbs moisture.

Stuff peppers and place in baking dish. Pour tomato sauce over stuffed peppers. Bake at 350° for 25 minutes. Place 1/2 slice cheese on each pepper. Bake until cheese melts.

Helen Lentz

STUFFED PORK CHOPS

4-6 pork chops	1/3 c. water
3 c. bread cubes (6 slices)	1/4 tsp. poultry seasoning
2 Tbsp. onion, chopped	1 can cream of mushroom soup, mixed with
1/4 c. melted butter	1/3 c. water

Brown chops on both sides. Mix next 5 ingredients in pan and place on chops. Pour mushroom soup and water mixture over stuffed chops. Bake 1 hour at 350°.

Merrea Weinhold

SMOTHERED CHICKEN

1 (2 1/2-3 lb.) chicken, cut up	1/2 tsp. poultry seasoning flour
1 envelope dried chicken noodle soup mix	paprika
1/2 c. water	1 medium onion, sliced
1 c. evaporated milk	2 tsp. parsley flakes

Mix flour, salt and paprika in a paper bag. Shake cut-up chicken in bag. Brown in a 10-inch

(Continued on Page 112)

SMOTHERED CHICKEN (Continued)

skillet; drain off drippings. Stir in soup mix, water and onion. Cover and cook over low heat for 30-35 minutes. Remove chicken from pan. Stir evaporated milk, parsley flakes and poultry seasoning in skillet. Cook and stir until thick. Do not boil. Pour over chicken. Serves 4-6. Good with mashed potatoes, too!

Merrea Weinhold

SPAM BURGER

1 c. Spam (1 can)	2 Tbsp. sweet pickle
4 Tbsp. chopped onion	2 Tbsp. pimento
4 Tbsp. chopped green pepper	4 Tbsp. catsup
	4 Tbsp. mayonnaise

Spread on a roll with a slice of cheese on top. Wrap in waxed paper and heat until cheese melts.

Mrs. Carl Julian

SUNDAY STEW

2 lb. lean, boneless stew beef	6 large carrots
	3 stems celery
3 large, white potatoes	1 large onion

Place above ingredients in a large casserole and pour the following sauce over them:

1 1/2-2 c. tomato juice	1 Tbsp. cornstarch
1 Tbsp. salt	1/4 tsp. pepper
1 Tbsp. sugar	

Mix small amount of juice with cornstarch to dissolve and then add all the ingredients. Bake in a 300° oven for 4 hours. Keep covered until done.

Carolyn Hood

SWEDISH MEAT BALLS

1 can cream of mushroom soup	2 Tbsp. minced onion
1/2 c. water	1 Tbsp. minced parsley
1 lb. ground beef	1 egg, slightly beaten
1/2 c. fine bread crumbs	1/4 tsp. salt

SWEDISH MEAT BALLS (Continued)

Mix soup and water. Measure out 1/4 cup soup mixture and combine with other ingredients. Shape into meat balls about 1 1/2 inches in diameter. Brown in 1 tablespoon shortening in a large skillet. Add remaining soup mixture. Cover and cook over low heat about 15 minutes; stir occasionally. Serve over hot rice.

Note: The meat balls can be made small (marble sized) and serve on picks as hot hors d'oeuvres.

Carrie S. Beard

TUNA BAKE (Makes 6-8 Servings)

1/3 c. chopped green pepper	1 (10-11 oz.) can condensed chicken with rice soup
3 Tbsp. chopped onion	1 tsp. salt
6 Tbsp. enriched flour	1 1/2 c. milk
1 (7 oz.) can tuna	1 Tbsp. lemon juice
3 Tbsp. fat	

Cook pepper and onion in hot fat until golden brown; add salt and flour. Blend. Add soup and milk; cook until sauce is thick, stirring constantly. Add tuna and lemon juice. Pour mixture into greased, 10 x 6 x 1/2-inch baking dish. Bake at 425° for 30 minutes.

Nancy Withers

TUNA CASSEROLE

1 pkg. Tater Tots	1 can cream of mushroom soup
1 can tuna fish	Cheddar cheese

In a large baking dish, spread Tater Tots in bottom. Crumble tuna over Tater Tots. Spread undiluted mushroom soup on top of tuna. Grate Cheddar cheese and cover entire top. Bake at 350° for 30 minutes.

Carrie S. Beard

TUNA CASSEROLE

1 c. uncooked macaroni	1 1/4 c. milk
1/2 c. diced onion	1 can cream of mushroom soup
3 Tbsp. margarine	1 can tuna
2 Tbsp. flour	2 slices American cheese

Cook macaroni as directed on package. Brown onion in margarine. Add flour, milk, cream of mushroom soup, tuna and cooked macaroni, which has been well drained, to onion and margarine. Let simmer 3 minutes and mix well. Pour into a 1 1/2-quart casserole; dot with cheese. Cook 30 minutes at 350° in a preheated oven. Serves 6.

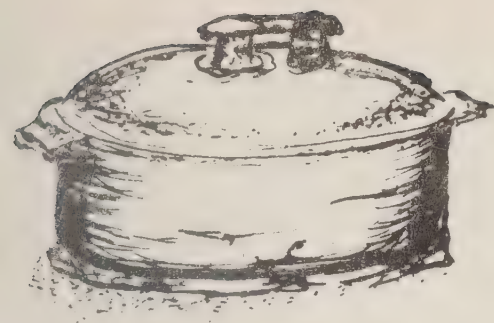
Gladys Harriss

ZESTY ITALIAN CASSEROLE

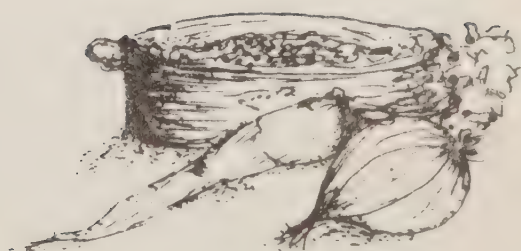
1 1/2 lb. ground chuck	1/2 c. sour cream
2 tsp. onion flakes	2 c. grated Mozzarella cheese
1 pkg. spaghetti mix	1 pkg. (8) crescent rolls
1 small can tomato sauce	Parmesan cheese, grated
	2 Tbsp. margarine, melted

Brown meat with onion flakes and drain. Add spaghetti mix and tomato sauce; simmer a few minutes. Combine meat mixture, Mozzarella cheese and sour cream. Place in a 2-quart Pyrex dish. Cover with crescent rolls. Brush melted butter over rolls and sprinkle lots of Parmesan cheese over this. Bake at 375° for 30-40 minutes or until rolls are brown. Serves 4-6.

Betty H. Black



Vegetables



VEGETABLES

ALL-AMERICAN POTATO SALAD

Dressing:

1/4 c. vegetable oil	1/4 tsp. pepper
1/4 c. cider vinegar	3/4 c. mayonnaise
2 1/2 tsp. salt (correct)	1/4 c. light cream or canned evaporated milk

Mix together. Put in jar and shake.

6 medium-sized potatoes	1 medium onion, chopped fine
3 hard-cooked eggs	
1 c. sliced or chopped celery	

Cook potatoes in skins for 30 minutes or until done. Peel and slice or dice the potatoes while warm. Place in large bowl. Add eggs, peeled and diced or sliced, celery and onion. Stir well and add vinegar dressing. (Note: Do not add any more salt.)

Can be served on platter garnished with slices of ham and cheese. Serves 10-12.

Mrs. K. V. Epting, Sr.

ASPARAGUS CASSEROLE

1 large can asparagus	1 can cream of mushroom soup
2 boiled eggs, diced	
1 c. shredded Cheddar cheese	bread crumbs pats of butter

Preheat oven to 350°. Place ingredients as listed in a 1-quart casserole; do not stir to mix. Bake at 350° without a cover for 30-40 minutes or until bubbly and bread crumbs are toasted. Serves 4-6.

Julie S. Smith

ASPARAGUS CASSEROLE

2 c. asparagus, cut in 2-inch pieces	2 pimentos, cut in small pieces
1 tsp. salt	3 eggs, beaten
1/8 tsp. pepper	

(Continued on Page 116)

ASPARAGUS CASSEROLE (Continued)

- | | |
|------------------------------------|---------------|
| 1 c. grated cheese | 1 c. milk |
| 1 1/4 c. finely-rolled
crackers | 1/4 c. butter |

Mix all ingredients, except the butter. Pour into oiled baking dish. Melt butter and pour over top. Bake, uncovered, in moderate oven until brown.

Barbara Bumgarner

ASPARAGUS SALAD

- | | |
|----------------------|-------------------------|
| 1 c. sugar | 1/2 tsp. salt |
| 1 c. water | 2 envelopes gelatine in |
| 1/2 c. white vinegar | 1/2 c. cold water |

Bring the first 4 ingredients to a boil; add gelatine and cold water. Dissolve in hot liquid. Fold in the following ingredients:

- | | |
|---------------------|---|
| 1 c. chopped celery | 1 can pimentos, chopped |
| 1 tsp. grated onion | 1 can asparagus, drained
and chopped |
| 1/2 c. pecans | juice of 1/2 lemon |

Pauline Tatum

BACON SPINACH SALAD

- | | |
|---|---------------------------------------|
| 1 lb. spinach, drained
and torn | 8 slices bacon, cooked and
drained |
| 1 (1 lb.) can bean
sprouts, drained | 1/2 c. grated onion |
| 1 (5 oz.) can water
chestnuts, sliced
and drained | 1/2 c. salad oil |
| 2 hard-cooked eggs,
sliced | 1/4 c. ketchup |
| | 1/4 c. cider vinegar |
| | 2 Tbsp. sugar |
| | 1 tsp. salt |
| | 1 1/4 tsp. pepper |
| | 1 tsp. Worcestershire sauce |

Combine the first 5 ingredients; toss lightly. Combine remaining ingredients; mix well. Pour over salad and toss just before serving. Serves 8.

Ott and Julie Pinkston

BAKED APPLES

8 apples	1/2 stick butter
1/2 c. sugar	1/4 c. water
2 tsp. cinnamon	

Wash and core apples, then slice or leave whole, leaving the peel on. Place in shallow baking dish and sprinkle with cinnamon and sugar. Dot apples with butter. Then bake at 350° for about 45 minutes or until tender. Add raisins and nuts the last five minutes of baking time. Baste the apples occasionally while cooking. Serves 8-16.

Joseph Sims

BAKED APPLE CASSEROLE

1 c. sugar	1/2 tsp. cinnamon
1 stick oleo	1 Tbsp. flour
1 c. sugar	

Fill a 9 x 12-inch baking dish with apple slices; add 1 cup sugar. In a pan, melt the oleo and add 1 cup sugar, cinnamon and flour. Mix well and add a little water. Pour over apples and sugar in baking dish after adding bread strips. Then cover casserole with strips of bread. (Remove crusts and cut slices in 4 strips. Use enough to cover apples.) Bake at 375° for 30-45 minutes. Looks unusual and is easy.

Mrs. Carl Julian

BAKED GRATED CARROTS

3 c. grated carrots	1/2 tsp. salt
2 Tbsp. melted margarine	1 Tbsp. chopped chives
1 Tbsp. lemon juice	2 Tbsp. dry sherry or dry white wine

Preheat oven to 350°. Place grated carrots in casserole. Pour over them the melted margarine, lemon juice, salt and wine. Sprinkle with chives. Bake for 30 minutes. Yields 6 servings with about 65 calories per serving.

Gilda Kuhn

BARBARA'S BAKED BEANS

4 c. dried Great Northern beans (about 2 lb.)	1/2 lb. salt pork 1 large onion, diced
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Soak beans overnight in water. Drain. Add fresh water and cook about 1 hour. Add pork to bean crock and layer beans with onions.

Sauce:

3/4 c. brown sugar	1 tsp. dry mustard
1/2 c. molasses	2/3 c. white vinegar
1 Tbsp. salt	2/3 c. catsup
1/2 tsp. pepper	

Combine ingredients for the sauce and pour over beans. Add enough water to cover. Bake at 275°-300° for 6-8 hours. Serves 12-15.

Barbara Chesky

BAVARIAN STYLE SAUERKRAUT

1 Tbsp. margarine	1 tsp. caraway seed
2 individual pkg. Sweet 'N Low liquid drained from 1 lb. sauerkraut	1/3 c. chopped onion 1 c. chopped, peeled apple 1 lb. sauerkraut

Using saucepan, bring the first four ingredients to boiling point. Add onion. After one minute add sauerkraut and cut off heat. Stir sufficiently to mix well. When cooled to lukewarm, add apple and stir. Pack in tight container and refrigerate at least four hours or overnight before serving.

Mrs. C. E. (Frances) Kneeburg

BELL PEPPER RELISH

12 green bell peppers	2 c. vinegar
12 red bell peppers	2 c. sugar
12 onions	3 Tbsp. salt

Chop peppers and onions; put in large pan.

Pour boiling water over mixture; cover and let stand 5 minutes. Drain water off. Add vinegar, sugar and salt. Bring to a boil and cook 5 minutes. Pour into clean, hot jars and seal. Makes about 6 pints.

Note: Peppers and onions can be chopped in food processor or food grinder.

Ora Patterson

BETTY'S POTATO SALAD

8 medium potatoes	1 tsp. celery salt
2 medium onions	1 tsp. onion salt
3 eggs	1/2 tsp. black pepper
1 medium bell pepper	1 1/2 c. mayonnaise
4 sticks celery	1 tsp. white vinegar
1 Tbsp. mustard	paprika
6 Tbsp. sweet pickle salad cubes	

Peel, dice and cook potatoes; drain and let cool. Grate all other ingredients. Add remaining ingredients over potatoes and stir well. Sprinkle with paprika. Do not refrigerate. Cover. Leftovers can be refrigerated.

Betty H. Weaver

BETTY FEEZER'S CREAMY SLAW

6 c. grated cabbage	2 Tbsp. sugar
1/4 c. onion, chopped fine	2 Tbsp. vinegar
1 c. mayonnaise	2 tsp. celery seed
	1 tsp. salt

Blend and chill.

Margaret Safrit

BROCCOLI CASSEROLE

1 (20 oz.) pkg. broccoli cuts, cooked and drained	1 can cream of celery soup (do not add water)
2 c. cooked rice (not Minute rice)	1 stick margarine
1 (8 oz.) jar Cheez Whiz	1/4 c. chopped celery
	1/4 c. chopped onion

(Continued on Page 120)

BROCCOLI CASSEROLE (Continued)

Saute celery and onion in margarine. Combine all other ingredients and put in greased casserole. Bake at 350° for 30 minutes.

Patsy Cash

BROCCOLI CASSEROLE

2 (10 oz.) pkg. broccoli, chopped	1 can chicken soup
2 eggs	1 c. shredded Cheddar cheese
1 c. mayonnaise	crushed Ritz crackers
	margarine

Cook broccoli; drain. Combine eggs, soup, cheese and mayonnaise. Carefully fold in broccoli. Pour into buttered, 2-quart casserole. Top with Ritz crackers. Bake 30 minutes at 350°.

Note: Many other vegetables are good this way.

Margaret Safrit

BROCCOLI SALAD

1 bunch broccoli, washed and chopped	1 small bottle olives
1 onion, diced	4 hard-boiled eggs, diced
	1/2 c. mayonnaise

Mix all together and let stand several hours before serving.

Louise Faggart

BROCCOLI SALAD

1 head fresh broccoli, chopped	2-3 pieces celery, chopped
1/4 head cauliflower (fresh), chopped	1 pkg. Ranch dressing, using sour cream and mayonnaise as instructed
4-5 green onions, sliced thin	1 small jar olive pieces and juice

Mix Ranch dressing according to directions on back. Toss other ingredients together. Pour dressing over ingredients and let set overnight.

BROCCOLI SALAD (Continued)

Note: No salt is needed because of the salt in the olives.

Edith Julian

BROCCOLI-PEAS CASSEROLE

- | | |
|---|--|
| 2 (10 oz.) pkg. frozen,
chopped broccoli,
divided | 1 c. mayonnaise
1 tsp. salt
1/2 tsp. pepper |
| 1 (17 oz.) can green
peas | 1 c. shredded cheese
1 medium onion, chopped |
| 1 (10 3/4 oz.) can
cream of mushroom
soup | 2 eggs, beaten
1/2 c. crushed buttery
crackers |

Cook broccoli according to package directions; drain. Arrange 1 package cooked broccoli in a greased, 2-quart casserole. Cover with peas.

Combine mushroom soup, mayonnaise, salt, pepper, cheese, onion and eggs to make sauce. Pour half of sauce over broccoli and peas. Add remaining broccoli and top with remaining sauce. Sprinkle cracker crumbs on top. Bake at 350° for 30 minutes. Makes 8 servings.

Fran Tannehill

BROCCOLI AND RICE CASSEROLE

- | | |
|---|--|
| 1 (20 oz.) pkg. broccoli
cuts, cooked and
drained | 1 can cream of celery
soup (don't add water)
1 stick margarine |
| 2 c. cooked rice (not
Minute rice) | 1/4 c. chopped celery
1/4 c. chopped onion |
| 1 (8 oz.) jar Cheez Whiz | |

Preheat oven at 350°. Baking time will be 30 minutes. Saute celery and onion in margarine. Combine all ingredients and put in a greased casserole dish.

Hint: You may use cream of mushroom soup and omit chopped celery.

Patsy Cash

BROCCOLI RICE CASSEROLE

1 c. rice	1 stick margarine
1 (10 oz.) pkg. chopped broccoli, cooked	1 onion, chopped
	1 can mushroom soup
	1 (8 oz.) jar Cheez Whiz

Cook rice according to the directions on the box. Cook together the margarine and onion, then mix together the onion, rice, broccoli, mushroom soup and Cheez Whiz. Bake 20-30 minutes at 350°.

Mrs. J. Hinton Kirk

BROCCOLI SALAD

1 bunch broccoli with flowerets broken apart	1 onion or spring onions, sliced round
1/2 c. olives, sliced	1/2 c. mayonnaise

Mix broccoli flowerets with all dry ingredients. May mix together ahead; the flavor will increase. Add mayonnaise last.

Mrs. Faye Misenheimer

CABBAGE CASSEROLE

1 head cabbage	2 c. milk
4 Tbsp. flour	salt and pepper to taste
4 Tbsp. butter	

Cut head of cabbage in 8 sections. Steam in sections until tender. Cook over low heat until thickened the milk, flour and butter. Layer cabbage and pour sauce over top. Garnish with Parmesan cheese and boiled egg.

Lottie Plyler

CABBAGE SUPREME

1 medium head cabbage, cut into 8 wedges	1/4 c. butter or margarine
1/4 c. finely-chopped green pepper	1/4 c. all-purpose flour
1/4 c. finely-chopped onion	1/8 tsp. pepper
	2 c. milk
	1/2 c. mayonnaise or salad dressing

CABBAGE SUPREME (Continued)

1/2 c. shredded
Cheddar cheese

3 Tbsp. chili sauce

In a covered Dutch oven or large skillet, cook cabbage in small amount of boiling water for about 12 minutes or until tender. Drain very well and place in a 13 x 9 x 2-inch baking dish.

In a saucepan, cook green pepper and onion in butter or margarine until tender. Blend in flour, 1/2 teaspoon salt and pepper. Add milk; cook and stir until bubbly.

Pour over cabbage. Bake, uncovered, in a 375° oven for 20 minutes. Combine mayonnaise, cheese and chili sauce. Spoon atop cabbage. Bake 5 minutes more. Makes 8 servings.

Carrie S. Beard

CANDIED SWEET POTATOES

4-5 medium sweet
potatoes

1 stick creamery butter
1 1/2 c. cream

1 1/2 c. white sugar

Bake sweet potatoes. Remove skins and slice lengthwise in oblong dish. Layer potatoes, sugar, butter and 1/2 the cream. (Be generous with sugar.) Repeat layers. Be sure cream covers potatoes. Bake at 350° for 30-40 minutes.

Mrs. Minnie Epting

CANDIED SWEET POTATOES

Boil sweet potatoes. (You may use canned ones.) Peel and slice in a casserole. Sprinkle with brown sugar; dot with margarine. Spread 1 cup orange marmalade over the top. Put in the oven and bake until slightly browned.

Gaye Isenhour Bost

CARROT DOLLARS

2 lb. carrots
1 can tomato sauce

1/4 c. vinegar
3/4 c. sugar

(Continued on Page 124)

CARROT DOLLARS (Continued)

1 tsp. Worcestershire sauce	1 chopped onion
1 tsp. dry mustard	1 chopped bell pepper
	salt and pepper

Put carrots in jar or bowl. Heat mixture and pour over carrots. Keep refrigerated.

Garnelle Sapp

MARINATED CARROTS

2 lb. carrots	2/3 c. sugar
1 can tomato soup	pinch salt

Slice and boil the carrots for 20 minutes.

Sauce: Combine remaining ingredients and simmer 20 minutes. Add carrots and simmer 2 minutes longer.

Mrs. Faye Misenheimer

CAULIFLOWER-BROCCOLI MEDLEY

1 head cauliflower	1/3 c. vinegar
1 bunch broccoli	1/4 c. sugar
2 small onions, sliced	1/2 tsp. salt
and separated into rings	1/4 tsp. pepper
1/2 c. mayonnaise	2 slices bacon, cooked and crumbled
1/3 c. vegetable oil	

Wash cauliflower and remove green leaves. Separate the cauliflower into flowerets, slicing the large ones into bite-sized pieces.

Trim off large leaves of broccoli. Remove tough ends of lower stalks and wash broccoli thoroughly. Cut into bite-sized pieces.

Combine vegetables in a large bowl. Combine remaining ingredients, except bacon; add to vegetables, tossing gently. Chill several hours or overnight. Garnish with bacon. Yields 6-8 servings.

Peggy Rouzer

CAULIFLOWER SALAD

1 large head lettuce	1 medium onion
1 head cauliflower	2 c. mayonnaise
1/2 lb. bacon, fried	2 Tbsp. Parmesan cheese
crisp	1/4 c. McCormick salad supreme

Layer above and marinate overnight in an airtight container.

Ruby Harriell

COLE SLAW

3 lb. cabbage	1 Tbsp. salt
1 large green pepper	2 c. vinegar
2 medium onions	2 c. water
1 (4 oz.) jar pimentos	2 c. sugar
2 Tbsp. mustard seed or celery seed	

Shred or grate the first four ingredients. Mix seed, salt, vinegar, water and sugar. Bring to a boil. Let cool. Mix with cabbage, green pepper, onion and pimentos. Store in refrigerator. Will keep well in closed container for a week or more.

Mrs. J. T. Myers

CORN STUFFING BALLS

1/8 c. margarine	1 tsp. salt
1/4 c. chopped onion	1 1/2 tsp. poultry seasoning
1/2 c. chopped celery	1/4 tsp. pepper
1 can cream-style corn	pinch thyme
1/2 c. water	

Saute onion and celery in margarine, then add corn and water. Bring the above ingredients to boiling point, then add one 8-ounce package herb stuffing. Mix and add 2 egg yolks. Mix well. Shape into 12 balls. Put in shallow baking dish and pour on 1/4 cup melted margarine. Bake at 375° for 15 minutes.

Madge S. Temple

CORN ZUCCHINI BAKE

1 lb. zucchini, cut in 1/2-inch pieces	1/4 tsp. salt
1/4 c. chopped onion	1/4 c. bread crumbs
1 Tbsp. butter	2 Tbsp. grated Parmesan cheese
2 c. cooked, fresh corn	1 Tbsp. melted butter
2 eggs, beaten	cherry tomatoes
1 c. grated Swiss cheese	parsley

Cook zucchini in small amount of water until tender; drain and mash. Saute onion in 1 tablespoon butter. Combine zucchini, onion, corn, eggs, Swiss cheese and salt; mix well. Pour into a greased, 1-quart casserole.

Combine bread crumbs, Parmesan cheese and melted butter; sprinkle over mixture. Bake at 350° for 40 minutes. After baking, garnish with cherry tomatoes and parsley. Serves 6.

Note: Parsley and tomatoes are optional.

Lois Brown Carter

COUNTRY CLUB SQUASH

8 medium-sized yellow squash	1 c. soft bread crumbs
1/2 c. chopped onion	1/2 c. grated Cheddar cheese
1 (8 oz.) carton sour cream	1/3 c. butter, melted
1/2-3/4 tsp. salt	1/2 tsp. paprika
1/4 tsp. pepper	8 slices bacon, cooked and crumbled
1/4 tsp. basil	

Cook squash and onion in boiling, salted water until tender; drain and mash. Combine squash, sour cream, salt, pepper and basil; pour into a greased, 2-quart casserole. Combine bread crumbs, cheese, butter and paprika. Sprinkle over squash mixture. Top with crumbled bacon. Bake at 300° for 30 minutes. Makes 6-8 servings.

Janis Hudson Smith

CREAMY SLAW

6 c. grated cabbage	1 c. mayonnaise
1/4 c. green pepper	2 Tbsp. sugar

CREAMY SLAW (Continued)

2 Tbsp. vinegar	1 tsp. salt
2 tsp. celery seed	

Blend and chill.

Margaret Safrit

CRUNCHY ASPARAGUS CASSEROLE

3 (14 1/2 oz.) cans cut asparagus	1/4 tsp. pepper
4 Tbsp. flour	1 c. grated cheese or 8-10 individual slices
1/2 c. milk plus liquid from asparagus	1 (4 3/4 oz.) pkg. slivered almonds (or more)
5 Tbsp. margarine	

Drain and reserve liquid from asparagus. Use a 2-quart, rectangular casserole or baking pan. Melt margarine and stir in flour, using a saucepan. Slowly add liquid, stirring constantly until thickened.

Layer one can asparagus in casserole; spread part of cheese over top, then almonds. Continue this method. Pour mixture from saucepan slowly over this. Heat in a 250° oven for 30 minutes. (Everything is already cooked.)

Note: If almonds are not available, sliced water chestnuts can be substituted. Use no salt; there is enough in the cheese and asparagus!

Mrs. C. E. (Frances) Kneeburg

CUCUMBERS IN SOUR CREAM

2 medium cucumbers	2 Tbsp. vinegar
2 small onions	2 Tbsp. sour cream
2 tsp. salt	

Slice cucumbers and onions very thin. Sprinkle with salt; let stand 1 hour. Drain. Rinse thoroughly with cold water; drain. Mix vinegar and sour cream; add to cucumbers and onions. Refrigerate at least 1 hour before serving.

Helen Lentz

DUNBAR MACARONI

4 c. beef stock
salt to taste

1 c. broken macaroni
1 c. cheese, chopped

Cook macaroni until tender in boiled beef stock. Put half of macaroni in pudding pan; cover with 1/2 cup cheese and 1/2 the sauce. Repeat macaroni, cheese and sauce; dot with butter and paprika. Bake in the oven at 350°-400° for 25-30 minutes.

Variations: Add green pepper, chopped, or pimientos.

Sauce:

1 (No. 2) can tomatoes
1 Tbsp. mayonnaise
1/2 medium onion,
chopped
1 tsp. prepared mustard

1 tsp. cinnamon
dash cayenne
dash black pepper
salt to taste
dash Worcestershire sauce

This recipe is by Mrs. Mae A. Aull (1893-1971).
Mrs. F. M. Aull

FRENCH FRIED ONION RINGS

3-4 large, Spanish or
Bermuda onions
2-3 c. buttermilk
1 egg, beaten
1 tsp. salt
1 1/2 tsp. baking
powder

2/3 c. water
1 c. all-purpose flour
1 Tbsp. salad oil
1 tsp. lemon juice
1/4 tsp. cayenne pepper
salad oil

Peel onions and slice about 3/8-inch thick; separate into rings. Pour buttermilk into a shallow pan; add onion rings and allow to soak 30 minutes.

Combine egg, salt, baking powder, water, flour, 1 tablespoon salad oil, lemon juice and cayenne pepper; stir until smooth. Heat salad oil to 375°. Remove onion rings from buttermilk and dip into batter; fry in hot oil until golden brown. Drain on absorbent paper. Serves 6-8.

Margaret R. Buie

GERMAN RELISH

1 can kraut	2 slices chopped pimentos
1 c. diced onion	1 c. celery, chopped
1 c. chopped green peppers	

Drain kraut; mix with remaining ingredients.
Combine the following and pour over kraut mixture:

1 c. brown sugar	1 tsp. salt
1/2 c. wine vinegar	

Marinate 24 hours before using.

Mrs. R. L. Glover

GREEN BEAN CASSEROLE

2 Tbsp. butter, melted	2 (12 oz.) pkg. frozen
2 Tbsp. flour	green beans or 2 cans
1/2 tsp. onion, grated	French style beans
1 c. sour cream	

Combine butter with flour; cook gently. Remove from heat. Stir in seasonings and sour cream; fold mixture into cooked beans. Place in a 2-quart casserole.

Topping:

1/2 lb. Cheddar	1/2 c. corn flakes crumbs
cheese, grated	1 Tbsp. butter, melted

Combine butter and corn flakes crumbs; cover greens mixture with cheese and corn flakes crumbs. Bake in a 350° oven for 30 minutes.

Margie Hakos

GREEN RICE CASSEROLE

3 c. cooked brown rice	1 tsp. salt (optional)
1/3 c. chopped parsley	1 Tbsp. Worcestershire
1/2 c. minced raw	sauce
spinach	1/4 c. grated Parmesan
2 Tbsp. minced onion	cheese

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GREEN RICE CASSEROLE (Continued)

1/4 c. oil
2 eggs, well beaten

1 c. milk

Mix all ingredients together well. Place in buttered, 9 x 9-inch baking dish. Bake at 325° for 45 minutes. Makes 6 squares.

Luann Rufty

GRANDMA'S POTATO SALAD

3 lb. potatoes
2 c. finely-chopped onion

2 c. mayonnaise
1/2 c. white vinegar
salt and pepper to taste

Cook potatoes in jackets. Mix onions, vinegar and mayonnaise together in a separate pan. When potatoes are cooked, cool and peel. (Cool enough to handle.) While potatoes are still warm, mix into mayonnaise, onions and vinegar. Chill and serve.

Note: Cut potatoes to bite-size before mixing.

Richard L. Nelson

HARVARD BEETS

1/4 c. sugar
1 Tbsp. cornstarch
1/4 c. water
1/4 c. vinegar

1 (No. 2) can or 2 1/2 c.
cooked beets
1 Tbsp. butter or margarine
salt and pepper

Mix sugar and cornstarch; add water and vinegar. Boil 5 minutes. Drain beets; add. Cook slowly, stirring occasionally, until beets are heated. Add butter or margarine; season with salt and pepper.

Carrie S. Beard

HOT SLAW

1 large head cabbage,
sliced
1 stick margarine or
bacon grease

1/3 c. sugar
1/3 c. vinegar
1/3-1/2 c. whipping cream

Put salt on sliced cabbage and let it stand until

it wilts. Put in pot (with a lid) with enough water that it won't stick. Add margarine or bacon grease and sugar. Turn until tender, 10-15 minutes. Add vinegar and cook until it boils again. Take off heat and stir in cream. Serve immediately.

Gilda Kuhn

INSTANT GRITS-STUFFED BAKED POTATOES

3 (1 oz.) packets Quaker instant grits with imitation bacon bits	1/4 c. butter or margarine 1 tsp. fresh or frozen chopped chives 1 tsp. salt
1 1/2 c. boiling water	1/2 tsp. pepper
6 medium-sized, freshly baked potatoes	melted butter or margarine
1 egg, slightly beaten	1/2 c. grated Cheddar cheese
1/2 c. milk	

Prepare bacon flavored grits according to package directions, using 1 1/2 cups water; set aside. Remove slice from top of each hot, baked potato; carefully scoop out inside and mash. Stir a small amount of grits into egg; add egg mixture to cooked grits, stirring constantly. Add grits mixture, milk, butter, chives, salt and pepper to potatoes. Beat until fluffy.

Divide mixture equally among potato shells. Top with melted butter and cheese. Bake in preheated hot oven (425°) for about 15 minutes.

Evelyeen Smith

LIMA BEAN CASSEROLE

2 pkg. frozen Forkhood Lima beans	1 can bean sprouts, drained
2 small cans water chestnuts, drained and sliced	2 cans mushroom soup Ritz crackers, crushed Lawry's seasoned salt

Cook Limas in salted water until not quite done. Drain and add bean sprouts, water chestnuts,

(Continued on Page 132)

LIMA BEAN CASSEROLE (Continued)

mushroom soup and seasoning to taste. Place in baking dish and top with Ritz crackers. Bake at 325° for 15 minutes.

Frances Lynne Tatum

MACARONI SALAD

4 c. cooked macaroni	1 c. cubed sharp Cheddar cheese
1/2 c. chopped onion	1 c. mayonnaise
1/2 c. chopped green olives	2 Tbsp. vinegar
1/2 c. chopped cucumber	1 1/2-2 Tbsp. salt
	pepper to taste
	1 tsp. sugar

Mix sugar with mayonnaise, then mix all ingredients together. Chill. Serve garnished with tomato wedges.

Frances Lynne Tatum

MARINATED BROCCOLI

3 bunches broccoli	1 Tbsp. salt
1 c. vinegar	1 tsp. black pepper
1 Tbsp. sugar	1 clove garlic
1 Tbsp. dill weed	1 1/2 c. oil

Separate broccoli into pieces. Mix together all ingredients. Add broccoli pieces. Put into covered container. Marinate in refrigerator for 24 hours.

Jewel Long

MARINATED SLAW

1 large head cabbage	1 green pepper
2 onions	3 c. sugar
1 Tbsp. plus 1 tsp. sugar	1 c. vinegar
3/4 c. salad oil	1 tsp. dry mustard
1 tsp. celery seed	1 Tbsp. salt

Chop cabbage, pepper and onions; mix together. Add 2 cups sugar. Mix remaining sugar with vinegar, oil, mustard, celery seed and salt in saucepan and

MARINATED SLAW (Continued)

bring to a boil. Pour boiled mixture over cabbage mixture in a large bowl. Mix well. Transfer contents to an airtight container, sealing. Do not stir or uncover for at least 4 hours. Will keep weeks in the refrigerator.

Carrie S. Beard

MARINATED BEAN-PEA SALAD

1 can French-style green beans	1/2 c. sugar
1 can small peas	1/2 c. oil
1 c. chopped celery	1 c. vinegar
1 small onion, diced	1 tsp. salt
1 small jar pimentos	pepper to taste

Drain beans and peas; add celery, onion and pimentos. Mix together sugar, oil, vinegar, salt and pepper. Bring to a boil. Pour over bean mixture and let stand overnight. May be kept refrigerated for 1 month.

Ruby Harrill

MARINATED SQUASH

8 c. sliced squash	1 (8 oz.) bottle Italian dressing
2 onions (rings)	
1/2 c. stuffed olives	salt and pepper to taste

Slice raw squash, onions and olives in a bowl. Cover with dressing and let marinate overnight or several hours.

Note: I use 1 zucchini and 1 yellow squash; I do not add any salt or pepper.

Gaye Isenhour Bost

NEWLYWED CASSEROLE

1 can cut asparagus spears	1 can cream of mushroom soup
1/2 of asparagus liquid	1/2 c. grated sharp cheese
2 c. crushed cheese crackers	1/2 c. chopped pecans

(Continued on Page 134)

NEWLYWED CASSEROLE (Continued)

Place asparagus and liquid in bottom of greased casserole dish. Add half of the crackers, soup, rest of crackers and cheese; top with pecans. Bake, uncovered, at 350° for 30 minutes.

Patsy Cash

PEAS WITH MUSHROOMS AND ALMONDS (Serves 4)

1 (10 oz.) pkg. frozen tiny peas	3 Tbsp. butter
1/4 c. slivered almonds, blanched	1 1/2 c. sliced, fresh mushrooms
	1/4 c. finely-chopped onion
	1/4 tsp. salt

Cook peas as directed on package. Meanwhile, in a skillet, gently fry almonds in butter until golden brown. Remove almonds. Add mushrooms and onion to remaining butter. Cook gently until onion is golden brown. Add to peas with almonds and salt. Stir lightly.

Gaye Isenhour Bost

PEPPER CABBAGE

2 medium-sized heads cabbage	1 c. white vinegar
1 large stalk celery	1 tsp. salt
3 sweet peppers	2 c. granulated sugar
	cayenne pepper to taste

Mix the cabbage, celery, peppers and sugar very thoroughly; then add the salt, pepper and vinegar. Be sure to use white vinegar. This keeps nicely for several days in the refrigerator.

Mrs. Charles Reisner

PEPPER CABBAGE

2 Tbsp. sugar	1 tsp. mustard
2 tsp. salt	1/2 c. mayonnaise
2 tsp. celery seed	4 c. cabbage
2 Tbsp. vinegar	1/2 c. green pepper

Shred, chop or grate cabbage. Chop green

PEPPER CABBAGE (Continued)

pepper. Combine the first six ingredients to make a dressing. Mix well with cabbage and pepper. Refrigerate.

Mimi Carlton

REFRIGERATOR SLAW

- | | |
|--|---------------------|
| 1 large head cabbage,
shredded fine | 1 Tbsp. salt |
| 2 medium onions,
sliced thin | 3/4 c. salad oil |
| 1 c. sugar | 1 Tbsp. celery seed |
| 1 tsp. dry mustard | 1 c. vinegar |
| | 2 Tbsp. sugar |
| | 1 tsp. poppy seed |

Combine the 2 tablespoons sugar, mustard, celery seed, poppy seed, vinegar, salad oil and salt; bring to a boil. Make layers of the shredded cabbage, onions and 1 cup sugar. Pour hot vinegar-oil-spice mixture over the layered cabbage-onions-sugar mixture. Refrigerate at least 24 hours before serving. Drain off excess liquid before serving.

Eleanor Sifford

RICE CASSEROLE

- | | |
|-------------------------|-----------------------------------|
| 1 medium jar Cheez Whiz | 1 c. chopped onion |
| 1 pkg. Success rice | 1 can cream of celery soup |
| 1 c. chopped celery | 1 pkg. frozen chopped
broccoli |

Saute onion and celery; add cooked rice, cooked broccoli, soup and cheese. Mix all together. Bake at 350° for 20-25 minutes.

Sarah Johnson

ROLLED CABBAGE

- | | |
|----------------------------|----------------------|
| 1 medium head cabbage | 1 can whole tomatoes |
| 1 lb. ground chuck | brown sugar |
| 1 medium, chopped
onion | lemon juice |
| 1 sliced onion | raisins (optional) |
| | salt |

(Continued on Page 136)

ROLLED CABBAGE (Continued)

Boil the cabbage until soft. Cool and remove leaves carefully. (Remove core first.) Combine and mix thoroughly the ground chuck and chopped onion. Place small amount of meat in leaf (depends on size of leaf) and roll.

In a pot, place cabbage rolls with sliced onion, tomatoes, brown sugar, lemon juice, raisins and salt. (The amount of brown sugar, lemon juice, raisins and salt varies greatly depending on individual taste.) Taste and season.

Simmer, covered, very slowly for 2 hours. Baste often; brown well. When ready to serve, place in shallow pan in oven for 1/2 hour at 350°, if desired.

Gilda Kuhn

SAUERKRAUT SALAD FOR DIETERS

1 can drained sauerkraut	artificial sweetener to equal
1/2 c. chopped green or red pepper	1 c. sugar
1/2 c. chopped onion	2 Tbsp. salad oil
1 c. celery	1/4 c. vinegar
1 can pimentos (optional)	1/4 tsp. salt

Mix the last 4 ingredients and pour over other ingredients; mix well. Let stand several hours or overnight. Keeps well.

Mrs. Carl Julian

SCALDED LETTUCE

4 tsp. bacon fat	1 tsp. sugar
2 tsp. sweet or sour cream	1/4 c. vinegar
1 egg, beaten	1/2 c. water
1 tsp. plain flour	1/2 gal. shredded lettuce
1/2 tsp. salt	2-3 spring onions

Heat fat and cream in frying pan. Beat egg and add flour, vinegar and water; add to hot cream and fat. Cook and stir until thick. Pour sauce over the lettuce, which has been sprinkled with salt, sugar and

SCALDED LETTUCE (Continued)

finely-chopped onion. Toss together until well mixed.
Serves approximately 4.

Evelyeen Smith

SENATOR RUSSELL'S POTATOES

3 c. sweet potatoes, mashed	1/2 c. margarine, melted
1 tsp. vanilla	1 c. sugar
	2 eggs

Mix potatoes, vanilla, margarine, sugar and eggs; pour into casserole.

Topping:

1 c. light brown sugar, packed	1 c. nuts, chopped
1/3 c. flour	1/3 c. butter, melted

Mix topping with fork and sprinkle over potatoes. Bake at 350° for 30 minutes.

Zula Martin

SEVEN-LAYER SALAD

1 medium head lettuce	2 c. mayonnaise
1 c. chopped celery	6 oz. Cheddar cheese, shredded
1 c. chopped onion	10 slices bacon, crumbled
1 (10 oz.) pkg. green peas (frozen), cooked and drained	

Layer vegetables in given order; spoon on mayonnaise. Cover with cheese and bacon. Cover and refrigerate for 24 hours.

Karen L. Rogers

SEVEN-LAYER SALAD

torn spinach	little less than 1 lb. bacon, fried crisp and crushed
sliced green onions	7 hard-boiled eggs, sliced
2 pkg. frozen peas	lettuce to cover top

(Continued on Page 138)

SEVEN-LAYER SALAD (Continued)

Layer ingredients in order listed. For topping, combine the following:

1 c. mayonnaise

1 c. sour cream

Spread over top. Sprinkle with Parmesan cheese. Let stand in refrigerator overnight. Serves 8-10.

Nancy C. Withers

SOUR CREAM MASHED POTATOES

5 lb. potatoes

1 c. sour cream

2 (3 oz.) pkg. cream
cheese

2 tsp. onion salt

2 Tbsp. margarine

Pare and cook potatoes; drain and mash well. Add other ingredients, except margarine; beat until fluffy. This may stand in the refrigerator for 2 weeks. Take out as needed, put into casserole and dot with margarine. Bake at 350° for 30 minutes or until heated.

You may use baked potatoes and put creamed potatoes back into shells. Sprinkle with cheese. Very good.

Note: One-half this recipe is fine for small families.

Margaret Safrit

SPANISH CAULIFLOWER

1 head cauliflower

1/2 c. diced green pepper

1/4 c. melted butter

1 (16 oz.) can tomatoes

1 Tbsp. sugar

1 medium onion, chopped

1/2 tsp. salt

1 1/2 c. shredded Cheddar
cheese, divided

1/2 tsp. pepper

3/4 c. cracker crumbs

Wash cauliflower and remove green leaves. Break into flowerets. Cover and cook in small amount of boiling, salted water for 5 minutes; drain. Combine butter, sugar, salt, pepper and cracker crumbs. Stir in green pepper, tomatoes, onion, 1 1/4 cups

SPANISH CAULIFLOWER (Continued)

cheese and cauliflower. Pour into a 2-quart casserole; sprinkle remaining cheese on top. Bake at 350° for 1 hour. Makes 6-8 servings.

Fran Tannehill

SPINACH ELEGANTE

2 (10 oz.) pkg. frozen chopped spinach	dash pepper 1/4 tsp. marjoram
3 slices bacon, cooked and crumbled	1 c. dairy sour cream 1/2 c. shredded sharp
1 (6 oz.) can broiled, sliced mushrooms, drained (1 1/2 c.)	process American cheese

Cook spinach; drain. Spread in a 10 x 6 x 1 1/2-inch baking dish. Arrange bacon and mushrooms over spinach in casserole. Sprinkle with pepper and marjoram. Bake in slow oven (325°) for 15 minutes. Cover with sour cream and top with cheese. Return to oven for 5 minutes until cheese melts.

Ann Frank

SPINACH AND SPAGHETTI

1 (10 oz.) pkg. chopped spinach	1/2 tsp. salt dash pepper
1 egg, beaten	2 c. shredded Monterey Jack cheese (8 oz.)
1/2 c. dairy sour cream	4 oz. spaghetti (2 c. cooked)
1/4 c. milk	2 Tbsp. grated Parmesan cheese
2 Tbsp. grated Parmesan cheese	
2 tsp. minced dried onion	

Cook spinach according to directions; drain well. Combine beaten egg, sour cream, milk, 2 table-
spoons Parmesan cheese, onion, salt and pepper. Add Monterey Jack cheese and mix well. Add drained spinach and drained spaghetti; mix well again.

Pour into a 10 x 6 x 2-inch baking dish. Sprinkle with extra Monterey Jack cheese and 2 table-
spoons Parmesan cheese. Bake, covered, at 350° for

(Continued on Page 140)

SPINACH AND SPAGHETTI (Continued)

15-20 minutes (5 minutes uncovered). Makes 6 servings.

Carolynn Spry

SQUASH CASSEROLE

2 c. cooked squash, well drained	1 can cream of chicken or cream of mushroom soup (no water)
1-2 carrots, grated	1/2 pt. sour cream
1 onion, chopped (optional)	1 (8 oz.) pkg. Pepperidge Farm herb stuffing mix
2 Tbsp. pimento, chopped	

Season squash with salt and pepper; add carrots, onion, pimento, soup and sour cream. Melt 1/2 stick margarine and pour over stuffing; mix well. Add 1/2 stuffing to squash mixture and mix. Put in buttered, 1 1/2-quart casserole dish and cover with remaining stuffing mixture. Bake at 350° for 35 minutes. Serves 6-8.

Note: You can use fresh or frozen squash.
Hope R. Uzzell

SQUASH CASSEROLE

2 lb. squash	3-4 eggs
1/2 green pepper	1 c. water chestnuts
2 stalks celery	1 c. Cheddar cheese
1 small onion	1/4 c. butter
bay leaf	cracker crumbs

Boil squash with green pepper, celery, onion and bay leaf. Take bay leaf out. Add eggs to mashed squash. Dice water chestnuts and add to squash; add Cheddar cheese and butter.

Grease casserole. Put cracker crumbs on bottom of dish and pour squash in it. Put cracker crumbs on top and dot with butter. Cook 30 minutes at 350°.

Virginia Peeler

SQUASH SOUFFLE

2 lb. squash
2 eggs

2 c. thick white sauce
1/2 lb. New York State
cheese

Cook squash until tender; drain and mash into a fine pulp. Add beaten, raw eggs, grated cheese and white sauce. Cook in double boiler for 1 hour. Then place in buttered casserole. Top with bread crumbs and bake at 375° until crumbs brown.

Lillian Peeler

SQUASH AND SOUR CREAM

2 lb. summer squash or
zucchini, sliced
1/8-1/4 inch thick
1 onion (more or less)
to taste
2 Tbsp. oil or other fat

3/4 tsp. salt
1/4 tsp. paprika
1 Tbsp. parsley (optional)
basil or other herbs to
taste
1/2 c. sour cream

Heat oil in skillet. Add sliced squash and onion; saute over moderate heat for 5-8 minutes. Cover and let simmer, stirring occasionally, until tender. Season with salt, paprika and herbs. When cooked, add sour cream and toss. Do not let sour cream boil.

Note: Serve hot or cold. Amounts of ingredients are variable to your taste. If too much water accumulates, boil it off before adding sour cream. If frozen vegetables are used, there will probably be some moisture to evaporate off. People seem to like this quite well.

Lydia P. Parada

SQUASH B'GOSH (Casserole)

1 lb. squash
1 medium onion
1/2 tsp. salt

1 can mushroom soup
1/2 stick margarine
1/4 lb. crumbled crackers

Boil squash and onion; drain and mash. Add

(Continued on Page 142)

SQUASH B'GOSH (Continued)

melted margarine and mushroom soup and most of the crackers. Mixture will be thick. Place in buttered casserole and sprinkle with rest of crumbs. Dot with butter or margarine. Brown in a 375° oven for 20 minutes or until brown. Makes 4-6 servings.

Carrie S. Beard

STUFFED CABBAGES

2 1/2 lb. ground beef	garlic to taste
3/4 lb. ground pork	3-4 medium onions, chopped
1 c. rice, cooked and drained	2 large heads cabbage
cayenne pepper to taste	2 (6 oz.) cans tomato paste
	1 (16 oz.) can tomato juice

Place one whole head cabbage in pot half filled with water and boil until leaves wilt enough to become pliable for wrapping. Boil second head likewise.

In large skillet, saute onions and garlic until brown; add to raw ground beef, raw pork and rice. Add 1 tablespoon salt and cayenne pepper to taste.

Taking one cabbage leaf at a time, add 1 heaping tablespoon of meat and rice mixture to center of leaf and wrap. Continue wrapping until all meat mixture is used.

Place in roaster pan. Pour tomato paste and equal amount of water for each can over cabbages. Pour tomato juice over cabbages so that they are completely covered by juice. (Check often to make sure cabbages are covered. Add more tomato juice, if needed.) Bake at 325° for 2 1/2-3 hours. Makes 40.

Edith F. Julian

STUFFED SUMMER SQUASH

3 medium yellow squash or zucchini	1 1/2 c. corn bread dressing crumbs (Pepperidge Farm)
1 tsp. salt	
3 Tbsp. chopped onion	1/3 c. minced parsley (can be omitted)
1/4 c. margarine	

Cook squash in boiling, salted water until barely

STUFFED SUMMER SQUASH (Continued)

tender, about 15 minutes; drain and cool. Cut squash in halves lengthwise and scoop out seeds. Arrange shells in greased, shallow baking dish.

Saute onion in margarine until tender. Stir in crumbs, parsley, salt and pepper to taste. Spoon into shells. Bake at 350° for 20 minutes. Place 1 table-spoon grated cheese on each squash. Return to oven until cheese melts.

Helen Lentz

SWEET POTATO PUDDING

2 c. grated raw sweet potatoes	1/2 c. milk
1/2 c. sugar	1 egg, slightly beaten
1/4 tsp. salt	juice of 1/2 orange
1/4 c. margarine, melted	rind of 1 orange, grated
	1/2 tsp. cinnamon
	1/2 tsp. vanilla

Preheat oven to 325°. Mix all ingredients together. Pour into a greased, 1-quart casserole dish. Bake for 1 hour.

Optional: Top with marshmallows and broil until brown.

Helen Lentz

SWEET POTATO SALAD

4 large baked sweet potatoes	1/2 c. chopped pecans
1/2 c. sugar	1/2 c. chopped English walnuts
1/2 c. milk	1/2 c. grated coconut
1/2 c. raisins	1/2 tsp. cinnamon

Combine all ingredients in mixing bowl and mix with hands as if making biscuits. When well blended, put in buttered casserole dish. Cover each with marshmallows and bake until marshmallows are brown. Bake at 350°. Use a medium-sized casserole dish. Serves 8.

This is an old recipe from my Indian background. Any kind of nuts may be used, or dates.

(Continued on Page 144)

SWEET POTATO SALAD (Continued)

The coconut was added by our English friends.

Hint: Use this dish at Thanksgiving or Christmas with turkey or pork.

Mrs. Anna J. Bailey

SWEET AND SOUR CABBAGE

1 medium head cabbage	3/4 c. salad oil
2 medium onions	1 Tbsp. salt
1 c. vinegar	1 tsp. dry mustard
1 c. sugar	1 tsp. celery seed

Shred cabbage and chop onions. Bring balance of ingredients to a boil and pour over cabbage. Cool. Refrigerate for 24 hours.

Mickey Aull

SWEET POTATO CASSEROLE

3 c. baked, mashed sweet potatoes	3 eggs
1/4 c. brown sugar	1/2 c. canned milk
3/4 c. white sugar	1 tsp. vanilla
	1/2 c. melted margarine

Cut potatoes in pieces and use mixer for potato mixture. After mixing, put in greased casserole. Sprinkle with topping mixture.

Topping:

1 c. brown sugar	1/2 c. chopped nuts
1/3 c. plain flour	1/3 c. melted margarine

Montye Furr

TOMATO SWEET PICKLES

7 lb. sliced green tomatoes	1 tsp. ginger
5 lb. sugar	1 tsp. allspice
3 pt. vinegar	1 tsp. celery seed
1 tsp. cloves	1 tsp. mace
	1 tsp. cinnamon

Soak tomatoes for 24 hours in 2 gallons water

TOMATO SWEET PICKLES (Continued)

with 3 cups lime dissolved in it. Drain and soak in fresh water for 4 hours, changing water every hour. Bring other ingredients to a boil; pour over tomatoes and let stand overnight. The next morning, boil 1 hour and pour into jars and seal.

Phoebe Webber

VEGETABLE PIE

2 c. chopped broccoli or cauliflower	1 1/2 c. milk
1/2 c. chopped onion	3/4 c. Bisquick baking mix
1/2 c. chopped green pepper	3 eggs
	1 tsp. salt
	1/4 tsp. pepper
1 c. shredded Cheddar cheese	

Heat oven to 400°. Lightly grease a pie plate, 10 x 1 1/2 inches. Cook broccoli or cauliflower (may be mixed) in salted water (1/2 teaspoon salt to 1 cup water). Cook until tender; drain thoroughly.

Mix broccoli, onion, green pepper and cheese. Put in pie plate. Beat remaining ingredients until smooth. Pour into pie plate. Bake until golden brown, 35-40 minutes. Let stand 5 minutes before cutting. Garnish with tomato wedges.

Ruth K. Uzzell

WILD RICE CASSEROLE

1 chopped onion	1 can beef consomme
1/2 stick oleo	1 can water chestnuts,
1/2 c. raw wild rice	drained and sliced
with seasoning pkg. (Uncle Ben's)	

Fry the onion in the oleo until brown. Pour over wild rice and seasoning package contents in casserole dish. Add beef consomme and water chestnuts. Bake 1 hour at 350°. At the end of 1/2 hour, add 1/2 cup water to dish and finish out the cooking time.

Eleanor Sifford

YELLOW SQUASH CASSEROLE

2 qt. cooked squash	2 c. bread crumbs
2 c. grated mild Cheddar cheese	1 1/2 c. milk
2 medium onions, diced	salt and pepper to taste
	1 stick margarine

Cook squash and drain well. Add a layer of squash; sprinkle with cheese, onion, bread crumbs and add some margarine. Repeat until above ingredients are used. Sprinkle top with bread crumbs. Pour milk over casserole. Sprinkle remaining bread crumbs over mixture. Bake at 325° for 1 hour.

Betty H. Weaver

ZUCCHINI - CHINESE STYLE

2 slices bacon	2 tsp. cornstarch
3 medium, unpared zucchini, scored with a fork	1/2 tsp. monosodium glutamate
1/4 c. chicken broth	1/2 tsp. salt
	2 tsp. cold water

Cook bacon until crisp; add zucchini (sliced) to bacon drippings. Toss to coat. Pour chicken broth over zucchini; cover and steam 4-5 minutes.

Blend cornstarch, monosodium glutamate and salt with cold water; stir in zucchini mix. Cook, stirring constantly, until it boils. Turn into serving dish; garnish with crumbled bacon.

Ann Frank

ZUCCHINI CASSEROLE

3 c. peeled and grated zucchini squash	1/2 c. Parmesan cheese
1 c. Bisquick	1/8 tsp. garlic
1/2 c. vegetable oil	2 tsp. parsley (dried is okay)
4 eggs, slightly beaten	1/2 tsp. salt
1/2 c. chopped onion	1/2 tsp. seasoned salt
	1/2 tsp. oregano
	dash pepper

Mix all together and spread into a lightly-greased, 13 x 9-inch pan. Bake for 25 minutes in a 350° oven. Serves 8.

ZUCCHINI CASSEROLE (Continued)

Note: Garlic salt can be used instead of garlic, but omit 1/2 teaspoon regular salt. Yellow squash may be used.

Ora Patterson

** EXTRA RECIPES **

** EXTRA RECIPES **



Desserts



DESSERTS

AMBROSIA

3 c. grated coconut	1 1/2 c. sugar
8-10 oranges	3/4 c. chopped pecans
6 bananas	

Peel and slice thinly the oranges. Layer oranges, bananas, coconuts and pecans; sprinkle sugar generously over each layer. Top with whipped cream and cherries, if desired.

Minnie Epting

AMY'S BROWNIES

1 stick butter	1 c. sugar
3 sq. unsweetened chocolate	2 eggs
3/4 c. all-purpose flour	1 tsp. vanilla
	1 c. chopped nuts (optional)

Melt butter. While it melts, put sugar into mixing bowl. Add 3/4 of the butter to the sugar. Melt chocolate in remainder of butter over low heat. Add chocolate and butter to sugar and butter; add flour and eggs, one at a time, mixing well after each. Stir in nuts and vanilla.

Bake in a greased, 8 x 8-inch pan at 375° for 20-25 minutes. When finger touch leaves no imprint, they are done. After cutting, sprinkle with powdered sugar.

Amy Tannehill

BANANA PUDDING

2 (3 3/4 oz.) pkg. vanilla instant pudding	1 (8 oz.) carton sour cream
2 c. milk	1 (8 oz.) carton Cool Whip
	vanilla wafers
	bananas

Combine vanilla pudding and milk. Add sour cream and Cool Whip. In dish, layer vanilla wafers, bananas and pudding mixture.

Carolyn Cope

BANANA PUDDING

2 small pkg. instant
vanilla pudding
3 c. milk
8 oz. sour cream

1 medium carton Cool Whip
6 medium bananas
vanilla wafers

Mix pudding and milk; fold in sour cream and Cool Whip. Layer with bananas and vanilla wafers.

Karen L. Rogers

BLITZ TORTE

1/2 c. butter
1/2 c. sugar
4 egg yolks, beaten
1 c. flour
1 tsp. baking powder
4 Tbsp. milk
1 tsp. vanilla (or almond, if using fresh peaches)

4 egg whites
1 c. sugar
1 tsp. vanilla
pinch salt
strawberries
whipped cream

Cream butter and sugar; add egg yolks and beat well. Combine flour and baking powder; add alternately with milk and vanilla.

Grease two cake pans and line with waxed paper and grease again. Add cake mixture to pan.

Beat egg whites, sugar, vanilla and salt until stiff. Cover cake completely and bake at 350° for 25-30 minutes. Cut into pie wedges and top with strawberries (or fresh peaches) and whipped cream.

Peggy Rouzer

BRANDY ALEXANDER SOUFFLE

2 envelopes unflavored
gelatine
2 c. cold water
1 c. sugar
4 eggs, separated

1 (8 oz.) pkg. cream
cheese
3 Tbsp. creme de cacao
3 Tbsp. brandy
1 c. whipped cream

Soften gelatine in 1 cup water; stir over low heat until dissolved. Add remaining water. Remove from heat. Blend in 3/4 cup sugar and beaten egg yolks. Return to heat; cook until slightly thickened. Gradually add to softened cream cheese and blend.

BRANDY ALEXANDER SOUFFLE (Continued)

Stir in liquors. Chill until slightly thickened.

Beat egg whites until peaked; gradually add remaining sugar until stiff peaks form. Fold eggs and whipped cream into cream cheese mixture.

Wrap dish with foil 3 inches above top of a 1 1/2-quart souffle dish and secure with tape. Pour into dish. Chill until firm. Remove foil collar before serving. Sprinkle with nutmeg.

Velma Isenhour

BUTTER PECAN ICE CREAM

2 cans Eagle Brand milk	3 Tbsp. vanilla flavoring
2 cans evaporated milk	1-2 c. pecans
	milk

Crush pecans in blender; add approximately 2 tablespoons margarine to crushed pecans and lightly toast under broiler, keeping stirred. Add to milk mixture and stir well. Finish filling freezer with whole milk and stir. Use a 5-quart freezer.

Jennifer Earnhardt

BUTTERSCOTCH DELIGHT

1 c. butter	1 c. pecans
1 c. flour	

Mix well and bake at 350° for 15-20 minutes in a 9 x 13-inch pan. Cool.

18 oz. cream cheese	1/2 large carton Cool Whip
1 c. sugar	

Cream cheese and sugar; add Cool Whip, blending all well. Spread over crust. Chill.

2 (3 3/4 oz.) pkg. instant butterscotch pudding	3 c. milk
--	-----------

Combine and spread over cream cheese layer. Spread 1/2 the Cool Whip on top. Refrigerate. Makes about 15 servings.

(Continued on Page 152)

BUTTERSCOTCH DELIGHT (Continued)

For Chocolate Delight, substitute the following for the butterscotch pudding:

1 (4 1/2 oz.) pkg.
chocolate instant
pudding mix

1 (3 3/4 oz.) pkg. vanilla
instant pudding mix

Nancy G. Bowden

CHERRY ICE CREAM

1 can Eagle Brand
condensed milk
1 can evaporated milk
1 (1/2 pt.) carton
whipping cream
2-3 c. sugar (varies
according to taste)

1 (32 oz.) bottle Cheerwine
1 jar maraschino cherries,
chopped
1 Tbsp. flour
1 Tbsp. vanilla flavoring
milk

Mix all above ingredients together and place in freezer. Finish filling container with milk.

Note: You may substitute other fruit and drink. Strawberries and strawberry flavored drink is good.

Vickie Phelps

CHERRIES IN THE SNOW

1 round angel food
cake
2 pkg. Dream Whip
1 (8 oz.) pkg. cream
cheese

1 c. xxxx sugar
1 can cherry pie filling
1 pkg. frozen grated
coconut
1/2 c. nuts, chopped

You will need a large Pyrex "pie pan" dish. Whip Dream Whip according to the directions given on the box. Add the nuts to the softened cream cheese and whip thoroughly. Add cream cheese to Dream Whip. Add xxxx sugar to cream cheese and Dream Whip mix. Mix thoroughly.

Break 1/2 the angel food cake into small pieces and place into Pyrex pan. Spread 1/2 of the cream mixture on the broken cake pieces. Add another layer of angel food cake. Spread remaining cream mixture

CHERRIES IN THE SNOW (Continued)

on top. Spread cherry pie filling on cream mixture; sprinkle coconut on top of cherries and refrigerate overnight. Spoon out into glass dessert dishes. Serves 8.

Hint: This is a pretty dessert as well as a delicious one.

Ruth K. Uzzell

CHERRY YUM YUM

3 c. graham cracker crumbs	3/4 c. sugar
1 1/2 sticks butter	2 pkg. Dream Whip or 2 oz. Cool Whip
1 (8 oz.) pkg. cream cheese	1 c. milk
	2 cans cherry pie filling

Mix together the graham cracker crumbs and butter; set aside. Cream the cheese, sugar, Dream Whip or Cool Whip and milk together. Press 1/2 of the crumbs in bottom of a large, oblong pan. Pour 1/2 of the cream mixture over crumbs. Pour both cans of cherry pie filling over cream mixture. Sprinkle more sugar over cherries, if desired. Pour remaining cream mixture over cherries. Top with graham cracker crumbs and refrigerate overnight.

Mrs. Bill (Nell) Leonard

CREAM CHEESE ICING

1 (8 oz.) pkg. cream cheese	1 box 10x sugar
	1 tsp. vanilla
1 stick butter or margarine, softened	

Cream the cheese and softened margarine together until smooth. Gradually add powdered sugar and vanilla.

CREAM CHEESE POUND CAKE

1 (8 oz.) pkg. cream cheese	3 c. sugar
1 stick butter	6 eggs
2 sticks margarine	2 tsp. rum or other flavoring
	3 c. plain flour

(Continued on Page 154)

CREAM CHEESE POUND CAKE (Continued)

Preheat oven to 275°. Bake in greased and floured tube pan for 1 1/2-2 hours.

Note: The method is the same as any pound cake.

Alma Sigman

CREAM CHEESE TARTS

Cream Cheese Tart Shells:

1 (3 oz.) pkg. cream cheese	1/2 c. margarine 1 c. sifted plain flour
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Chill 1 hour before baking. Bake at 450° and watch them carefully. Makes 2 dozen.

Cream Cheese Filling:

1 (3 oz.) pkg. cream cheese	2 Tbsp. flour 1 tsp. vanilla
1 c. powdered sugar	1/2 c. coconut 1/2 c. nuts

Cream the first 4 ingredients well and add coconut and nuts. Fill shells with filling.

Frosting For Shells:

1/2 c. Nestle semi- sweet chocolate morsels	2 Tbsp. butter 2 Tbsp. water 1/2 c. powdered sugar
---	--

Melt chocolate, butter and water; add powdered sugar. Drizzle a small amount over tart filling. This is a great pick-up dessert!

Carolynn Spry

CHOCOLATE SUPREME

1 stick oleo, melted	8 oz. cream cheese
1/2 c. brown sugar	1 c. 10x sugar
1 c. self-rising flour	1 large carton whipped topping
1/2 c. chopped nuts	

CHOCOLATE SUPREME (Continued)

- | | |
|---|-----------|
| 2 small pkg. choco-
late instant pudding | 3 c. milk |
|---|-----------|

Mix the first four ingredients and spread in bottom of a 9 x 15-inch pan. Bake 15 minutes at 300°. Cool.

Blend cream cheese with 10x sugar; add 1/2 the whipped topping and spread over crust. Top with pudding mixed with milk according to directions on pudding package. Cover with remaining topping. Keep in refrigerator.

Frances Krider

COCO-MINT FREEZE

- | | |
|--|--|
| 1 1/4 c. finely-crushed
vanilla wafers (28) | 3 well-beaten egg yolks |
| 4 Tbsp. melted
margarine | 1 1/2 c. sifted confec-
tioners sugar |
| 1 qt. peppermint stick
ice cream, softened | 1/2 c. chopped nuts
(pecans) |
| 2 sq. (2 oz.)
unsweetened chocolate | 1 tsp. vanilla |
| | 3 egg whites |

Toss together the crumbs and melted butter. Reserve 1/4 cup crumb mixture; press remaining crumb mixture into a 9 x 9 x 2-inch pan. Spread with ice cream and freeze.

Melt 1/2 cup butter and the chocolate over low heat; gradually stir into egg yolks with the confectioners sugar, nuts and vanilla. Cool thoroughly. Beat egg whites until stiff peaks form. Beat chocolate mixture over ice cream; top with reserved crumb mixture. Makes 8 servings. Freeze. Cut into squares when serving.

Carolynn Spry

COFFEE ICE CREAM DESSERT

- | | |
|--------------------------------|------------------------------------|
| 2 c. crushed vanilla
wafers | 1 (12 oz.) pkg. chocolate
chips |
| 1/2 stick butter,
melted | 1 stick margarine |

(Continued on Page 156)

COFFEE ICE CREAM DESSERT (Continued)

1 c. xxxx sugar	3 eggs, separated
1 tsp. vanilla	1 qt. coffee ice cream
salt	1/2 c. chopped nuts

Blend crumbs and melted butter; press into a 9 x 13-inch pan. Bake at 350° for 8 minutes. Cool.

Melt chocolate chips in top of double boiler with the stick of margarine. Gradually mix in the xxxx sugar, dash salt and vanilla. (This gets thick.) Add well-beaten egg yolks to chocolate mix. Cool slightly. Then add the slightly-beaten (real frothy) egg whites.

Pour entire mixture over crust and freeze until firm. Soften the ice cream until spreadable and spread over chocolate mix. Sprinkle with nuts. Freeze 24 hours. Serves 12.

Joyce Brady

CRANBERRY AND APPLE COBBLER

2 c. raw cranberries	1 1/4 c. sugar
3 c. diced apples	

Mix ingredients together in mixing bowl; pour in casserole dish and sprinkle 2 tablespoons water over this mixture.

Topping:

1 1/4 c. oatmeal	1/2 c. brown sugar, packed
1/2 c. chopped pecans	1 stick margarine, melted

Mix and pour over fruit mixture. Bake.

Alma Sigmon

CRANBERRY CASSEROLE

2 c. fresh cranberries	1 c. regular oatmeal
3 c. fresh apples	1/2-1 c. chopped nuts
1 c. granulated sugar	1/4 c. unsweetened orange
1 stick margarine	juice

Mix cranberries, apples, orange juice and sugar

CRANBERRY CASSEROLE (Continued)

together. Place in buttered casserole. Mix melted margarine, oatmeal and nuts together and sprinkle on top of fruit and sugar mixture. Bake in the oven at 350° for 45 minutes.

Lillian Peeler

DATE FINGERS

1 stick butter	1 tsp. vanilla
1 c. sugar	2 1/2 c. Rice Krispies
1 egg, well beaten	1/2 c. chopped nuts
1 c. chopped dates	

Melt butter; add sugar, beaten egg, dates and nuts. Bring slowly to boiling point. Turn unit to low and allow to cook 10 minutes. Stir constantly to prevent sticking. Remove from heat and add vanilla and Rice Krispies. Cool and shape in small portions about the size of your little finger. Roll in fine coconut.

Marlene Plyler

GINGERBREAD SAUCES

Make any gingerbread recipe or Pillsbury mix. Put drained, crushed pineapple on bottom of pan first. Serve with whipped cream or ice cream.

With plain gingerbread, serve hot applesauce, hot orange marmalade or lemon sauce.

Margaret Ketner

November 18, 1979

HOT FUDGE SAUCE (Old-Fashioned)

4 Tbsp. cocoa	dash salt
3/4 c. light brown sugar	1/2 c. milk
3/4 c. granulated sugar	1/2 c. water
	1 Tbsp. margarine or butter
	1 tsp. vanilla

Combine cocoa, sugars and salt; add milk and water. Place over low heat. Stir constantly until

(Continued on Page 158)

HOT FUDGE SAUCE (Continued)

sugar is dissolved and mixture boils. Continue cooking, without stirring, until small amount of mixture forms jellied mass in cold water (or to 220° on candy thermometer). Remove from heat; add margarine and vanilla. Beat thoroughly. Serve hot on ice cream and other desserts. Makes 1 1/4 cups sauce.

Mrs. W. Luther Miller

LEMON LAYER DESSERT

Crust (First Layer):

1 1/4 c. flour	1/2 c. chopped nuts
3/4 stick margarine	

Mix together and spread in long baking dish.

Second Layer:

8 oz. cream cheese	1/2 large pkg. Cool Whip
1 c. confectioners sugar	

Mix together and spread on crust after it has baked for 20-25 minutes in a 350° oven.

Third Layer:

4 pkg. instant lemon pudding	5 c. milk
---------------------------------	-----------

Mix together and spread on second layer. Top with rest of Cool Whip and garnish with nuts. Serves 16.

Pauline Earnhardt

NEVER-FAIL MERINGUE

2 Tbsp. sugar	3 egg whites
1 Tbsp. cornstarch	6 Tbsp. sugar
1/2 c. water	

Boil sugar, cornstarch and water until thick. Beat egg whites until thick; add sugar and beat until

NEVER-FAIL MERINGUE (Continued)

thick. Add the boiled liquid and continue beating until it has peaks. Put on pie and brown in oven.

Mildred A. Lang

NO NAME DESSERT

- | | |
|--|--|
| 1 box Duncan Hines
yellow cake mix | 1 (8 oz.) pkg. cream
cheese (at room tempera- |
| 1 stick margarine (at
room temperature) | ture) |
| 1 egg | 2 eggs |
| | 1 (1 lb.) box 4x sugar |
| | 1/2 c. chopped pecans |

Mix the first 3 ingredients together (it will be thick like dough). Pat in a 9 x 13-inch pan, building up slight edges. Mix together the cream cheese and eggs. Blend these together, then add 4x sugar. Spread this over cake mixture. Sprinkle with chopped pecans and cover with angel flake coconut. Bake 40 minutes at 350°.

Margie Bernhardt

ORANGE DELIGHT

- | | |
|---|------------------------------------|
| 2 pkg. orange jello | 1/2 c. pineapple juice |
| 2 c. boiling water | 1 egg, beaten |
| 2 c. cold water | 2 Tbsp. flour |
| 1 (No. 2) can crushed
pineapple, drained | 8 oz. cream cheese |
| 2 bananas, sliced | 3/4 c. sugar |
| 2 c. miniature
marshmallows | 1 can flaked coconut |
| | 1 medium-sized carton
Cool Whip |

Dissolve gelatin in hot water; add cold water and allow to thicken some. Add drained pineapple, bananas and marshmallows; let congeal until firm.

Mix pineapple juice, flour, sugar and egg. Cook slowly until thickened. Add cream cheese and mix well. Allow to cool. Fold Cool Whip into cream cheese mixture when cooled. Spread over congealed salad and sprinkle with coconut.

(Continued on Page 160)

ORANGE DELIGHT (Continued)

Note: This works well in a 13 x 9 x 2-inch dish or pan. Serves as salad or dessert.

Peggy Coble

PEANUT BRITTLE

1 1/2 c. sugar	1 pt. raw peanuts
1/2 c. white syrup	1/3 tsp. soda
1/4 c. water	1 small piece paraffin wax
1/2 tsp. salt	

Bring above to a boil and add raw peanuts. Stir constantly until peanuts are golden brown. Remove from stove and add soda. Stir until foaming almost stops. Pour into greased sheet pan. Cool. Break into bite-sized pieces.

Nancy Withers

GRANDMA'S PERSIMMON PUDDING (Beats All Recipes)

2 c. persimmon pulp	1/4 tsp. salt
1 c. sugar	1/2 tsp. cinnamon
3 eggs	1/2 tsp. nutmeg
2 1/4 c. unsifted flour (plain)	1 tsp. soda
	2 c. buttermilk
1/2 stick oleo (she used butter)	

Melt oleo; add all ingredients and beat well. Put in large, flat pan or casserole. In glass, bake at 325° for approximately 45 minutes; in other pan, bake at 350°. Best when warm. Use topping if desired.

Annie Julian

PERSIMMON PUDDING

2 c. persimmon pulp	1 large can water
1 1/2 c. sugar	1/2 tsp. soda
2 c. flour	1/2 tsp. cinnamon
3 eggs	1/2 tsp. nutmeg
1 large can Pet milk	1/2 tsp. salt

Melt 3 tablespoons margarine in a 9 x 13 x 1-inch

PERSIMMON PUDDING (Continued)

baking dish or pan. Mix all ingredients and pour in baking dish or pan. Bake at 325° for 1 hour. Serve with Cool Whip.

Edna Pinkston

PERSIMMON PUDDING

2 c. persimmon pulp	3/4 c. buttermilk
3/4 c. oleo	1 tsp. soda
1 c. sugar	1 tsp. salt
2 Tbsp. brown sugar	1 tsp. cinnamon

Mix all ingredients together and bake at 350° for 45 minutes.

Mrs. Carl Julian

PERSIMMON PUDDING

2 c. pulp	1 c. sweet milk
1/2 c. brown sugar	1 c. buttermilk
1 1/2 c. white sugar	4 c. flour
1 stick butter, melted	1 tsp. vanilla
2 eggs	1 tsp. soda

Preheat oven at 225° or 250°. Baking time will be about 1 1/2 hours.

Use two regular loaf pans. Add flour and milk last. Save 1/2 cup buttermilk and mix with soda; add last. Serves 12-15.

Hope Uzzell

PERSIMMON PUDDING

2 c. persimmon pulp	1/2 tsp. salt
3 eggs	2 tsp. cinnamon
1 1/4 c. sugar	1 tsp. ginger
1 1/2 c. flour	1/2 tsp. nutmeg
2 tsp. baking powder	1 stick margarine, melted
1 tsp. baking soda	1 large can evaporated milk

Mix persimmon pulp and eggs; set aside. Sift together the flour, baking powder, soda and spices.

(Continued on Page 162)

PERSIMMON PUDDING (Continued)

Add milk slowly to the flour mixture; mix well. Add pulp mixture to flour mixture, then add melted margarine and mix well. Pour into two 9 x 9-inch pans. Bake at 325° for 1 hour.

Note: One teaspoon vanilla may be used instead of spices.

PINEAPPLE DELIGHT

1 carton Cool Whip	1 pkg. pistachio pudding
1 (No. 2) can crushed pineapple, drained	1 c. miniature marshmallows

Combine Cool Whip and pistachio pudding. Drain the pineapple and add the pineapple pulp. Stir in the marshmallows. Chill and serve.

Hint: Do not leave the pineapple juice in the pineapple because it will be too juicy!

Naomi Bernhardt

POUND CAKE

1 c. butter	1 c. milk
1/2 c. shortening	3 c. plain flour
3 c. sugar	2 tsp. lemon extract
6 eggs	1/4 tsp. salt
1/2 tsp. baking powder	

Cream butter and shortening; gradually add sugar, creaming well. Add the eggs, one at a time, beating hard after each addition. Add sifted dry ingredients gradually with milk and continue beating. Add flavoring and turn into greased and floured tube pan. Bake at 325° for 1 hour and 15 minutes.

Note: This recipe won first prize in a Pound Cake cook-off sponsored by a West Virginia newspaper.

Peggy Rouzer

PUMPKIN PUDDING

1 c. self-rising flour	1/2 tsp. nutmeg
2 c. sugar	2 c. cooked pumpkin
1/2 tsp. cinnamon	2 1/2 c. milk

PUMPKIN PUDDING (Continued)

3 eggs
1 Tbsp. vanilla

2/3 stick melted margarine

Mix dry ingredients together; add all other ingredients. Pour into an 8 x 12-inch glass pan. Bake 10 minutes at 450°, then reduce to 350° for about 1 hour until golden brown and toothpick comes out clean. Let pudding stand overnight in refrigerator to improve flavor.

Jennifer Earnhardt

PUMPKIN ROLL

3 eggs
1 c. sugar
2/3 c. pumpkin
1 c. chopped nuts
1 tsp. lemon juice
1 tsp. baking powder*

2 tsp. cinnamon*
1 tsp. ginger*
1/2 tsp. nutmeg*
1/2 tsp. salt*
1 c. flour*

Beat eggs five minutes and gradually add sugar, pumpkin and lemon juice. Sift the * ingredients together and fold in. Pour into a greased and floured, 10 x 15-inch pan and sprinkle with 1 cup chopped nuts. Bake at 350° for 15-20 minutes or until done.

Turn immediately onto towel sprinkled with powdered sugar. Roll up and cool. When cooled, unroll and spread with filling; reroll and chill.

Filling:

1 c. powdered sugar
8 oz. cream cheese
(at room temperature)

2 Tbsp. melted butter
1/2 tsp. vanilla

Carolynn Spry

STRAWBERRY PUDDING

1 1/2 pt. strawberries
1 small box strawberry
jello
2 boxes vanilla pudding

3 c. milk
1 box vanilla wafers
1 (8 oz.) carton sour cream
1 (8 oz.) carton Cool Whip

(Continued on Page 164)

STRAWBERRY PUDDING (Continued)

Sprinkle jello over strawberries and heat. Beat pudding with milk until thick; mix with strawberries. Layer strawberry mixture with vanilla wafers and sour cream in a 9 x 13 x 1-inch pan. Top with Cool Whip.

Edna Pinkston

STRAWBERRY SUPREME (Variation of Whip and Chill)

1 (10 oz.) pkg. frozen strawberries	1 medium container Cool Whip
1 (3 oz.) pkg. strawberry jello	

Thaw and drain strawberries. Add jello to Cool Whip. Fold in fruit and chill.

Mrs. Carl Julian

SUGAR-COATED PEANUTS

1 c. sugar	2 c. raw, shelled peanuts
1/2 c. water	

Dissolve sugar in water over medium heat; add peanuts and cook over medium heat until nuts are completely coated with mixture. Stir frequently. Pour and spread on ungreased cookie sheet. Bake at 300° for approximately 30 minutes, stirring at 5 minute intervals.

Marlene Plyler

SWEET POTATO PUDDING

4 c. sweet potatoes, cooked and mashed	1 tsp. cinnamon
1 egg, slightly beaten	1 c. nuts, chopped
1/2 stick margarine, melted	1 c. coconut
1 1/2 c. brown sugar	3/4 c. evaporated milk
	1 c. crushed bran flakes or other cereal

Mix all ingredients, except cereal. Pour into baking dish. Mix cereal with 2 tablespoons melted margarine and sprinkle over top of potatoes. Bake at 350° for 30 minutes.

Helen Lentz

TANGLE BRITCHES

(An Old York County, Pennsylvania, Recipe)

1/2 lb. butter	6 eggs, beaten
1 c. sugar	1/2 tsp. cinnamon
about 5 c. flour	

Cream together the butter and sugar; add the eggs, beating well. Sift in the cinnamon and enough flour to make a stiff dough. Roll out the dough very thin on a floured board to about 1/8-inch thick. Cut into rectangular pieces, 3 x 5 inches. Make 5 cuts lengthwise in the dough, 1/2 inch apart and 4 1/2 inches long, so that the rectangle remains in one piece.

Fry in deep, hot fat (360°) for 2 minutes or until they bob up to the top of the hot grease. When dropping them into the fryer, pick up the first, third and fifth strips and pull them upward. Let the second, fourth and sixth sag downward so that in frying they get all "verwickelt" (tangled). Dust with powdered sugar.

It is an old German custom to make and eat "Tangle Britches" on Shrove Tuesday (the day before Ash Wednesday).

Carolyn Hood

VELMA'S PULLY PECAN PUDDING

1/2 c. butter or margarine	1/2 tsp. baking powder
1 c. sugar	pinch salt
2 eggs	1 (8 oz.) pkg. chopped dates
1 heaping Tbsp. flour	1 c. pecans (unbroken halves)

Bake in slow oven (300°) in a shallow baking dish for 45 minutes. Serve with whipped cream.

VELMA'S COCONUT DELIGHT

1 c. fresh orange juice	1 (15 oz.) plain cake (angel food)
1 c. ginger ale	1 (10 oz.) bag marsh- mallows
1 can coconut	
1/2 pt. whipping cream	

(Continued on Page 166)

Mix orange juice and ginger ale in boiler and bring to the boiling point. Dump marshmallows in pan and stir until melted. Set aside and let cool.

Break up 1/2 the cake in walnut-sized lumps. Spread in bottom of casserole. Whip cream and fold into orange mixture. Pour 1/2 of liquid over cake lumps. Add remaining cake, broken in walnut-sized lumps, and top off with rest of orange juice mixture. Top with coconut and nuts, if desired.

** EXTRA RECIPES **



Pies



PIES

AFTER DINNER MINT PIE

2 c. (24) crushed
cream-filled choco-
late cookies
1/4 c. Parkay margarine,
melted
1/4 c. milk

1 (7 oz.) jar Kraft Marsh-
mallow Creme
few drops peppermint
extract
few drops green coloring
2 c. whipping cream,
whipped

Combine crumbs and margarine; reserve 1/2 cup for topping. Press remaining crumb mixture onto bottom of a 9-inch, spring-form pan or pie plate. Chill.

Gradually add milk to Marshmallow Creme, mixing until well blended. Add extract and food coloring; fold in whipped cream.

Pour into pan. Freeze until firm. Sprinkle remaining crumbs or garnish with mint, if desired.

Variation: Substitute 1/4 cup creme de menthe for milk; omit peppermint extract and coloring.

APPLE CHESS PIE

Grate enough apples to fill 1 unbaked pie crust.

Topping:

1/2 stick oleo
1 c. sugar
1 egg

2 Tbsp. flour
1/2 tsp. cinnamon

Melt oleo and hold. Mix all together, then add melted oleo. Pour over apples. Bake until done, approximately 40 minutes. The first 15 minutes have oven at 450°, then reduce to 375°. Ovens vary, so check for doneness.

Mrs. Carl Julian

APPLE CUSTARD PIE

1 (9 inch) unbaked pie crust	1/2 tsp. salt
6 c. apples or 4-5 apples	1/4 tsp. cinnamon
3 Tbsp. all-purpose flour	1 c. sugar
	2 eggs
	3/4 c. cream or milk
	dash nutmeg

In large bowl, sprinkle apples with flour, salt, cinnamon and 3/4 cup sugar; toss until well coated. Place apples in pie crust.

In small bowl, beat together eggs, cream and 1/4 cup sugar; add a dash of nutmeg. Bake 30-45 minutes in a 350° oven.

Mrs. Carl Leazer

BANANA SPLIT

1/2 c. margarine, melted	1 tsp. vanilla
2 c. graham cracker crumbs	1 (20 oz.) can crushed pineapple, drained
2 eggs	4 medium bananas
2 c. sifted powdered sugar	1 (9 oz.) carton frozen whipped topping
3/4 c. margarine	1/2 c. pecans
	cherries

Combine the first 2 ingredients for crust. Beat eggs; add sugar, butter and vanilla. Beat and pour onto crust. Chill for 30 minutes. Spread pineapple in dish and arrange bananas on top. Cover with topping, pecans and cherries. Refrigerator for 6 hours before serving.

Karen L. Rogers

BASIC PASTRY

2 c. all-purpose flour	2/3 c. shortening or lard
1 tsp. salt	(Crisco)
	6-7 Tbsp. cold water

In medium mixing bowl, stir together the flour and salt; cut in shortening or lard until pieces are the size of small peas. Use of a pastry blender is

BASIC PASTRY (Continued)

preferred. Sprinkle 1 tablespoon water over part of mixture; gently toss with a fork. Push to side of bowl. Repeat until all is moistened. Form dough into two balls. Use according to recipe directions.

Note: Roll out on a lightly-floured surface. Roll in one direction, pick up dough and turn over; roll in other direction until circle is formed.

Be gentle. Overhandling will cause dough to be tough.

Janie Allen

BUTTERMILK COCONUT PIE (Makes 2 Pies)

1 stick margarine	2 c. coconut
2 c. sugar	1 c. buttermilk
4 eggs	

Cream together margarine and sugar; add remaining ingredients. Pour in two, unbaked pie crusts and bake at 350°.

Carrie S. Beard

BUTTERMILK PIE FOR 2

3 eggs, beaten	1 stick butter, melted
2 c. sugar	1 c. buttermilk
2 Tbsp. flour	juice of 1 lemon

Mix and pour in unbaked pie shell. Bake 45 minutes at 300°.

Mrs. Carl Leazer

CHERRY PIE

1 can cherry pie filling (2 1/2 c.)	1 c. brown sugar
1 1/2 c. biscuit mix	1 c. oatmeal
	1/2 c. shortening

Blend dry ingredients; cut in shortening. Pour half the mixture into greased, 7 x 12-inch pan. Pour cherry filling over mixture. Top with remaining crumbly mixture. Bake at 350° for 20 minutes.

Carrie S. Beard

CHESS PIE

1 stick butter	1 Tbsp. vinegar
1 1/2 c. sugar	1/2 Tbsp. vanilla
3 eggs	1 unbaked pie shell

Melt butter and add to beaten eggs and sugar. Combine with vinegar and vanilla. Pour into unbaked pie shell. Bake for 10 minutes at 300°; then increase oven heat to 350° and bake for 35 more minutes or until set.

Mrs. Sonny Epting (K.V., Jr.)

CHOCOLATE CHESS PIE

1 c. sugar	1 tsp. vanilla
2 eggs	1/4 tsp. salt
1/2 stick butter or margarine	2 Tbsp. vinegar
1/4 c. cocoa	1 frozen pie crust
	Cool Whip

Beat eggs and sugar in small bowl of mixer until thick. Melt butter and cocoa in small saucepan; cool slightly. Add melted mixture to egg mixture and add vanilla, salt and vinegar. Pour into unbaked crust.

Bake 25-30 minutes in a 350° oven. Cool slightly and serve with Cool Whip. Pie can be baked and frozen.

Jean Logan Hudson

CHOCOLATE MOUSSE PIE

1 (4 oz.) pkg. German's sweet chocolate	1 (8 oz.) container non- dairy whipped topping, thawed
1/3 c. milk	
2 Tbsp. sugar	1 (8 inch) prepared graham cracker crust
1 (3 oz.) pkg. cream cheese, softened	

Heat chocolate and 2 tablespoons milk in saucepan over low heat, stirring until chocolate is melted. Beat sugar into cream cheese; add remaining milk and chocolate mixture; beat until smooth. Fold chocolate

CHOCOLATE MOUSSE PIE (Continued)

mixture into whipped topping, blending until smooth. Spoon into crust. Freeze until firm, about 4 hours.

Janis Hudson Smith

CHOCOLATE PIE

1 c. sugar	3 eggs
2 c. milk	butter (the size of a walnut)
3 Tbsp. flour	1 tsp. vanilla
3 Tbsp. cocoa	

Beat all together; boil until thick, stirring constantly. Set off when thick and smooth. Add vanilla last. Bake crust; fill with mixture. Beat whites of eggs and add 3 tablespoons sugar. Put on top of pie and brown in oven.

Margie Hakos

CITRON PIE

3 c. brown sugar	4 eggs
scant 1/4 lb. butter	

Cream butter or margarine and sugar; then add eggs. Beat well. Pour in pie shell. Bake slowly at 325° for 35 minutes or until set. A knife inserted will come out clean.

Nancy Withers

DERBY PIE

1 c. sugar	1 tsp. vanilla
1/2 c. flour	3/4 c. chocolate chips
2 eggs, beaten	1 c. walnuts or pecans
1 stick melted butter, cooled	

Mix together and pour in unbaked shell. Bake at 350° for 1/2 hour until thick and chewy.

Marlene Plyler

ENGLISH APPLE PIE

4 large apples	1 tsp. cinnamon
3/4 c. sugar	1 c. flour
1 tsp. cinnamon	3 Tbsp. water (use 3-5
1/2 c. butter	Tbsp. water according
1/2 c. brown sugar	to judgment)
	1/2 c. pecans

Peel and dice apples into buttered baking dish. Sprinkle with 3/4 cup sugar and 1 teaspoon cinnamon. In mixing bowl, cream butter and brown sugar; add cinnamon, flour and water. Mix well. Stir in pecans. Spread batter over apple mixture. Bake for 1 hour at 350°.

Evelyeen Smith

FRENCH CHOCOLATE PIE

3 1/2 Tbsp. cocoa	1 small can evaporated milk
1 1/2 c. sugar	1 tsp. vanilla
2 eggs	1/2 stick margarine, melted

Mix all ingredients. Place in unbaked pie shell. Bake 30-45 minutes at 350°. Pie will be shaky when taken from oven but will set up. Serve with Cool Whip topping.

Mrs. Charles Reisner

FRENCH COCONUT PIE

1 stick (1/4 lb.) melted butter	1 1/2 c. fresh coconut or
1 1/2 c. sugar	1 1/2 c. Baker's Angel
3 whole eggs, beaten	Flake coconut
	1 Tbsp. vinegar
	1 tsp. vanilla

Combine and mix all ingredients. Pour into a 9-inch, unbaked pie shell. Bake at 350° for 45 minutes. Serves 6.

Lena B. Lyerly

VELMA'S FRENCH MOCHA PIE

(A Variation of Ritz Pie)

1 c. sugar	1/2 c. crushed Ritz
1 tsp. instant coffee	crackers (or up to 1 c.)
1 1/2 tsp. cocoa	1 c. chopped nuts
4 egg whites	topping
1/8 tsp. cream of tartar	

Mix sugar with coffee and cocoa. Beat egg whites with cream of tartar until soft peaks are formed. Gradually add sugar mixture, beating until stiff. Fold into crackers and nuts. Pour into a lightly-buttered, 9-inch pie pan. Bake at 300° for 30 minutes. Cool; refrigerate.

Topping:

2 Tbsp. sugar	2/3 tsp. cocoa
1/3 tsp. instant coffee	1 c. heavy cream

Mix sugar, coffee and cocoa. Whip cream until soft peaks form. Gradually add sugar mixture and beat until stiff. Make this not more than 1 hour before serving.

This recipe can be varied in many ways.

Variation 1: Omit cocoa and coffee; flavor with vanilla. When cool, serve with peaches or strawberries topped with whipped cream. A slightly different texture will occur if fruit and cream are spread over pie and allowed to set for 3-4 hours before serving.

Variation 2: Omit cocoa and coffee; flavor with 1 teaspoon vanilla. Grate over the top about 2 ounces (1/2 bar) German's chocolate. Spread with whipped cream and more grated chocolate. Refrigerate for 3-4 hours before serving.

FUDGE FANTASY PIE

1/2 c. butter, melted	1 1/2 c. sugar (granulated)
3 (1 oz.) sq. semi-sweet chocolate	1 tsp. vanilla extract
4 eggs, well beaten	1/4 tsp. salt
3 Tbsp. light corn syrup	1 (9 inch) unbaked pastry shell

(Continued on Page 174)

FUDGE FANTASY PIE (Continued)

Preheat oven to 350°. Prepare pastry shell. In top of double boiler, melt butter and chocolate together. Beat eggs until light. Blend syrup, sugar, salt and vanilla extract with the well-beaten eggs. Add the chocolate mixture, slightly cooled, to the egg mixture. Blend thoroughly and pour into an unbaked, 9-inch pastry shell.

Bake at 350° for 25-30 minutes until the top is crusty. The filling should remain somewhat soft inside. (Do not overbake. The pie should shake like a custard, as it thickens when cooled.) Serve pie plain or with vanilla ice cream.

Mrs. Bill Peeler

GOOD PUMPKIN PIE

2 c. pumpkin	1/2 tsp. nutmeg
5 large eggs, separated	1/2 tsp. orange rind
1 c. brown sugar	1 tsp. allspice
3/4 c. white sugar	1 large can evaporated milk
1 tsp. cinnamon	3/4 c. milk
1 tsp. salt	

Combine all ingredients; fold in egg whites last. Bake at 450° for 10 minutes, then at 350° for 30 minutes.

Velma Isenhour

JAPANESE FRUIT PIE

6 eggs	1 c. coconut
2 c. sugar	1 c. pecans, chopped
1 1/2 sticks margarine	2 Tbsp. vinegar
1 c. raisins	

Blend eggs, sugar and margarine; mix well. Stir in coconut, pecans and raisins. Add vinegar. Pour into two 9-inch unbaked pie shells. Bake 45 minutes at 350°. Makes 2 pies.

Mrs. T. E. (Cora Lee) Dry

LEMONADE PIE

- | | |
|--|---|
| 2 graham cracker
crusts or 1 deep
dish crust | 1 large container Pet or
Cool Whip |
| 1 small can frozen
lemonade, thawed | 1 can Eagle Brand
sweetened condensed milk |

In a large bowl, combine thawed lemonade with Eagle Brand milk. Then blend in Cool Whip; blend thoroughly. Pour into graham cracker crusts and cool 30 minutes.

Patsy Cash

LEMON MERINGUE PIE

- | | |
|--------------------------------|--|
| 1 1/4 c. sugar | 2 Tbsp. margarine |
| 3 Tbsp. cornstarch | 1 tsp. grated lemon peel |
| 3 Tbsp. plain flour | 1/3 c. lemon juice |
| dash salt | 1 (9 inch) baked pastry
shell, cooled |
| 1 1/2 c. hot water | Meringue* |
| 3 slightly-beaten egg
yolks | |

In saucepan, mix sugar, flour, cornstarch and salt. Gradually add hot water, stirring constantly. Cook over high heat, stirring until mixture boils. Reduce heat; cook and stir 2 minutes longer. Remove from heat.

Stir small amount of hot mixture into egg yolks, then add to hot mixture. Bring to a boil and cook 2 minutes, stirring constantly. Add butter and lemon peel. Slowly add lemon juice.

Pour into shell. Spread Meringue over filling and bake at 350° for 12-15 minutes.

*Meringue:

- | | |
|--------------------------|------------------|
| 3 egg whites | 1/2 tsp. vanilla |
| 1/4 tsp. cream of tartar | 6 Tbsp. sugar |

Add cream of tartar and vanilla to egg whites before beating. Add sugar.

Phoebe Webber

LIME PIE

- | | |
|--------------------------|---|
| 1 1/2 c. pineapple juice | 1 pkg. lime jello |
| 1 c. granulated sugar | 1 tall can Pet milk, chilled thoroughly |
| 2 beaten eggs (whole) | 2 graham cracker pie shells |

Combine juice, sugar and eggs; bring to a boil, stirring constantly. Dissolve jello in above and chill, but not set firmly. Take 1 large can of well-chilled Pet or Carnation milk and whip stiff; then fold in chilled above ingredients. Pour into two graham cracker pie shells. Refrigerate to serve later. Serves eight.

Mrs. W. Luther Miller

MILLION DOLLAR PIE

- | | |
|----------------------|--|
| 1 can condensed milk | 1 (No. 2) can crushed pineapple, drained |
| 1/2 c. lemon juice | 1 c. chopped pecans |
| 9 oz. Cool Whip | |

Mix all above ingredients together. Add milk and lemon juice, which have been beaten together, to the Cool Whip, pineapple and nuts. Place in graham cracker crusts. Makes 2 pies.

NO CRUST COCONUT PIE

- | | |
|-------------------|-------------------------|
| 4 eggs | 2 c. milk |
| 2 c. water | 1/2 c. flour |
| 1 stick margarine | 8 oz. coconut or 1 pkg. |
| 1 tsp. vanilla | |

Mix ingredients and pour into greased pans. Bake at 325° for 20-30 minutes or until brown. Makes 2 pies.

Lottie Plyler

OATMEAL PIE

- | | |
|---------------------------|--------------------------------|
| 1 unbaked pie shell | 2/3 c. dark Karo syrup |
| 1 stick margarine, melted | 2/3 c. oatmeal (quick cooking) |
| 2/3 c. sugar | 1 tsp. vanilla |
| 2 eggs | |

OATMEAL PIE (Continued)

Blend all ingredients. Pour in pie shell. (You can top with Cool Whip when served.) Bake at 325° for 40 minutes.

Pauline Iddings

FRESH PEACH PIE

3/4 c. sugar	1/4 tsp. nutmeg
1/8 tsp. salt	4 c. sliced, fresh peaches
1/4 c. cornstarch	1 (9 inch) unbaked pie shell

Combine sugar, salt, cornstarch and nutmeg; add to peaches and mix lightly. Turn into pie shell and bake for about 30 minutes at 400°. If pastry browns too rapidly, reduce heat to 350°.

Topping:

2 Tbsp. melted butter	2 Tbsp. brown sugar
-----------------------	---------------------

Blend butter and sugar; sprinkle over top of hot pie and return to oven. Bake 10 minutes longer until glaze is set.

Janie Allen

PEANUT BUTTER PIE

1 1/2 c. peanut butter	1 c. powdered sugar
9 oz. cream cheese, softened	1/2 c. milk
	9 oz. frozen whipped topping

Mix all ingredients together and pour into graham cracker crust. Can refrigerate or freeze.

Karen L. Rogers

PEANUTTY CRUNCH PIE

1/2 c. peanut butter	2 c. Rice Krispies
1/4 c. Karo syrup (dark or light)	

In bowl, mix peanut butter and Karo syrup

(Continued on Page 178)

PEANUTTY CRUNCH PIE (Continued)

thoroughly. Add the Rice Krispies. Mix and press in a buttered, 9-inch pie pan. Chill. Spread 1 quart slightly-softened vanilla ice cream evenly over top. Freeze. Cut in wedges. Top with fresh peaches or defrosted, frozen raspberries or strawberries, or chocolate syrup.

Ann Frank

PECAN PIE

1 box light brown sugar	3 eggs, beaten
1 stick margarine	3/4 c. milk
2 Tbsp. corn meal	2 tsp. vanilla
2 Tbsp. self-rising flour	1 c. chopped pecans

Mix sugar and melted margarine; add corn meal, flour, eggs, milk and chopped nuts. Pour into two 9-inch pie crusts and bake at 350° for 45 minutes. Serves 6-8.

Mary Smith

PIE COOL WHIP DELIGHT

1 large (12 oz.) carton Cool Whip	1 can Eagle Brand milk
1 (6 oz.) can frozen lemonade	2 graham cracker crusts

Mix Eagle Brand milk and lemonade together; then add Cool Whip. Mix together well and place in crusts. Chill 3-4 hours before serving. Pies can be frozen and kept for a long time.

Virginia Beaver

PINEAPPLE-BANANA PIE

1 large can pineapple (crushed)	4 bananas
2 Tbsp. cornstarch	2 pie shells
1 c. sugar	Cool Whip

Cook pineapple, cornstarch and sugar. (It can be stored in the refrigerator until ready to use.) Bake

PINEAPPLE-BANANA PIE (Continued)

pie shells; cool. Slice bananas in bottom of pie shells. Add pineapple mixture, after it has cooled. Top with Cool Whip.

Oneda Plyler

PUMPKIN PECAN PIE

3 slightly-beaten eggs	1 tsp. vanilla
1 c. canned or mashed, cooked pumpkin	1/2 tsp. cinnamon
1 c. sugar	1/4 tsp. salt
1/2 c. dark or light corn syrup	1 (9 inch) unbaked pie shell
	1 c. or whole pecans, chopped (if desired for a topping)

In small mixing bowl, combine eggs, pumpkin, sugar, corn syrup, vanilla, cinnamon and salt; mix well. Pour into unbaked pastry shell. Top with pecans, if desired.

Bake in moderate oven (350°) for about 40 minutes or until knife inserted halfway between center and edge comes out clean. Chill. Serve with whipped cream. Makes one 9-inch pie.

Mary Ann Nelson

PUMPKIN PIE

1 c. pumpkin	1/2 tsp. cinnamon
1 c. sugar	1/2 tsp. allspice
1/2 tsp. salt	dash mace
1 egg, well beaten, added to 1 c. milk	dash nutmeg

Mix together ingredients. Pour into unbaked pie shell. Bake in moderate oven (350°) until done, approximately 45-60 minutes.

Margaret Buie

PUMPKIN PIE WITHOUT EGGS

1 stick oleo	1 c. sugar
1 c. pumpkin	spices to taste (I use pumpkin pie spice mix)
3 Tbsp. flour	
1 c. canned milk	

(Continued on Page 180)

PUMPKIN PIE WITHOUT EGGS (Continued)

Makes 2 pies. You can use blender or mixer. Melt oleo; add pumpkin, flour, milk and spices, also sugar. Pour in unbaked crust. Bake at 350° for 50 minutes.

Mrs. Carl Julian

QUICK SOUTHERN PECAN PIE

1 c. sugar	3 eggs, well beaten
2/3 c. corn syrup (white)	1 1/2 c. pecans
1/4 c. melted butter	1 (9 inch) unbaked pie shell
	2 Tbsp. flour

Mix sugar, syrup and butter; add eggs and pecans. Fill unbaked pie shell with mixture. Bake for 10 minutes at 400°, then for 30-35 minutes at 350°. Serve either hot or cold.

Velma Isenhour

RHUBARB PIE

3 Tbsp. minute tapioca	2 1/2 c. rhubarb
1 1/4 c. sugar	1 1/4 c. pineapple, drained
1/2 tsp. salt	1/3 c. water

Mix above ingredients and let stand for 15 minutes. Pour into unbaked crust and top with Crunchy Topping.

Crunchy Topping:

1/3 c. brown sugar	1/2 tsp. cinnamon
3 Tbsp. flour	2 Tbsp. melted butter

Mix above ingredients and sprinkle over top of pie. Bake at 425° for 40 minutes.

Marlene Plyer

RUM PECAN PIE

3 eggs	1/4 c. melted margarine
2/3 c. sugar	1/4 c. light rum
1 c. light Karo syrup	1 tsp. vanilla

RUM PECAN PIE (Continued)

1 c. pecans

1 (9 inch) unbaked pie shell

Heat oven to 375°. Mix the first six ingredients and beat thoroughly for 3-4 minutes. Fold in pecans and pour into unbaked pie shell. (Save some of the pecans to arrange in circular ring on top of pie.)

Bake for 45 minutes or until inserted knife comes out clean. Remove from heat and cool on wire rack. Makes 8 servings.

Mrs. W. Luther Miller

SMOKEY MOUNTAIN PIE

1 c. chopped raisins

2 eggs

1 c. chopped nuts

1/2 tsp. cinnamon

1 stick margarine,
melted

1 Tbsp. vinegar

1 c. sugar

1/2 tsp. nutmeg

1/4 tsp. salt

In ready-made pie crust, put raisins and nuts. Pour liquid mixture over that. Bake at 350° for 30 minutes.

Araminta E. Harris

STRAWBERRY PIE

1 1/2 c. sugar

4 Tbsp. strawberry jello

4 Tbsp. cornstarch

1 qt. strawberries

1 1/2 c. water

1 baked pie shell

Mix sugar and cornstarch; add water. Cook until thick and clear. Add strawberry jello. Cool. Add fresh strawberries. Pour into baked pie shell. Chill at least 2 hours. Top with whipped cream before serving.

Carrie Beard

STRAWBERRY PIE

1 1/2 c. mashed berries

1 1/2 Tbsp. tapioca

1 1/2 c. sugar

1/4 tsp. lemon juice

1 1/2 Tbsp. cornstarch

(Continued on Page 182)

STRAWBERRY PIE (Continued)

Cook all the ingredients until thick. Put whole or sliced berries in bottom of pie crust. Pour cooked mixture over berries and then put top crust on and bake at 400°-425° until berries bubble and crust is brown.

Mrs. Glenna Harkey

SWEET POTATO PIE

- | | |
|--|-------------------|
| 1 (8 oz.) pkg. cream
cheese, softened | 2 eggs, beaten |
| 1 egg, beaten | 2/3 c. sugar |
| 1 c. sugar | 1 c. canned milk |
| 1 tsp. vanilla | 1/4 tsp. nutmeg |
| 1 1/2 c. mashed sweet potatoes | 1/4 tsp. cinnamon |

Mix first four ingredients well and spread into two, unbaked pie shells. Mix together remaining ingredients. Pour second mixture into crust over cream cheese mixture. Bake at 350° for 45 minutes.

Mrs. Edith Julian

FRESH STRAWBERRY CUSTARD PIE

- | | |
|---------------|------------------------------|
| 3/4 c. sugar | 1 tsp. vanilla |
| 3 Tbsp. flour | strawberries |
| 2 eggs | 1 (9 inch) unbaked pie shell |
| 1 1/2 c. milk | |

Mix together: Sugar, flour, eggs, milk and vanilla. Line bottom of pie shell with washed, drained strawberries. Pour egg mixture over fruit. Bake for 1 hour at 350° or until custard is set.

Mrs. K. V. (Sonny) Epting, Jr.

STREUSEL APPLE PIE

- | | |
|------------------------------|---------------------------------------|
| 1/2 c. granulated
sugar | 1/4 tsp. nutmeg |
| 3 Tbsp. all-purpose
flour | 1/4 tsp. salt |
| 3/4 tsp. cinnamon | 6 c. sliced apples |
| | 1 deep (9 inch) pie shell,
unbaked |

STREUSEL APPLE PIE (Continued)

Heat oven to hot (400°). For filling, combine sugar, flour, cinnamon, nutmeg and salt. Toss apples in sugar mixture. Pour into unbaked pie shell.

Streusel Topping:

1 c. old-fashioned oats, uncooked	1/3 c. finely-chopped pecans
1/3 c. firmly-packed brown sugar	1/2 tsp. cinnamon 1 stick margarine, melted

Combine oats, brown sugar, pecans, cinnamon and butter; sprinkle over filling. Bake in preheated oven for about 40 minutes or until topping is brown and apples are tender.

Margaret Buie

SWEDISH APPLE PIE (No Crust)

1 egg, well beaten	1/2 Tbsp. salt
3/4 c. sugar	1 Tbsp. baking powder
1/2 tsp. vanilla	1 1/2 c. diced apples with skins
1/2 c. flour	1/2 c. nuts

Mix all ingredients together and pour in well-greased pie pan. Bake at 350° for 35 minutes.

Nancy Withers

SWEET POTATO CUSTARD (Grandmother's Recipe)

2 eggs	1 1/2 c. milk
1/4 tsp. salt	1 large potato
1 1/2 c. sugar	1 Tbsp. flour
1/3 c. butter	1 pie crust

Note: You can use oleo, but it will taste better and brown better with butter.

Cream butter, sugar and yolks of eggs; add flour, salt and eggs. Crumble or mashed potato and

(Continued on Page 184)

SWEET POTATO CUSTARD (Continued)

put in bottom of crust. Beat egg whites stiff and fold in batter. Pour over potato and bake approximately 50 minutes in a 350° oven. Top will brown and it will be delicious.

Note: This recipe is at least 75 years old.
Mrs. Carl Julian

VELMA'S UNCOOKED CHOCOLATE PIE

1 1/2 c. finely-crushed graham crackers	1/3 c. melted butter
--	----------------------

Press into bottom of a 10-inch, spring-form pan. Bake at 325° for 10 minutes.

1 (8 oz.) pkg. cream cheese, softened	1 (6 oz.) pkg. semi-sweet chocolate pieces
1/4 c. sugar	2 egg whites
1 tsp. vanilla or almond	1/4 c. sugar
2 beaten egg yolks	1 c. heavy cream, whipped
	3/4 c. nuts

Combine softened cream cheese, sugar and vanilla or almond; mix until well blended. Stir in beaten egg yolks and chocolate pieces. Beat egg whites until stiff; add 1/4 cup sugar. Fold in whipped cream and add nuts. Pour into crumb crust and freeze. Serve with whipped cream.

LIME OR LEMON PIE

1 (6 oz.) can lime or lemonade, thawed	1 can Eagle Brand con- densed milk
	1 medium carton Cool Whip

Mix lime or lemonade with condensed milk thoroughly. Fold in Cool Whip and pour into vanilla wafer or graham cracker crust. Freeze until ready to serve.

Marlene Plyler

VELVET ALMOND FUDGE PIE

1 c. blanched, slivered almonds	3/4 c. evaporated milk
1 (4 serving size) pkg. chocolate flavor pudding and pie filling	1 egg, slightly beaten
3/4 c. light corn syrup	1/2 c. chocolate chips, melted
	1 (8 inch) unbaked pie shell

Chop almonds and toast at 350° for 3-5 minutes; set aside. Blend together until smooth: Pie filling mix, corn syrup, milk, egg and melted chocolate chips. Add almonds and pour into pie shell. Bake at 375° for about 45 minutes or until top is firm and begins to crack. Cool at least 4 hours.

Janis Hudson Smith

** EXTRA RECIPES **



Cookies & Candies



AMISH COOKIES

2 eggs	1 tsp. soda
2 sticks margarine (1 c.)	1 tsp. cream or tartar
1 c. cooking oil	1 tsp. salt
1 c. white sugar	4 c. flour
1 c. powdered sugar	1 1/2 tsp. vanilla

Beat eggs; set aside. Cream sugar and margarine; add eggs and oil. Cream! Add flour, soda, salt and cream of tartar and vanilla. Mix well. Chill overnight. Roll into 1-inch diameter balls and flatten with a fork dipped in sugar. Bake at 350° for 10-12 minutes. Yields 9 dozen 2-inch cookies.

Montye Furr

BROWNIES

1 stick margarine	1/2 tsp. baking powder
1 c. sugar	1 tsp. vanilla
1/3-1/2 c. cocoa	pinch salt
2 eggs	1/2 c. chopped nuts
1 c. plain flour, sifted	

In a small saucepan, melt margarine; add sugar and cocoa. Blend. Add beaten eggs. Stir until sugar is dissolved. Add flour, baking powder, salt, vanilla and nuts. Bake in a 7 x 11-inch pan at 325° for 15-20 minutes. Makes 24 squares.

Icing:

4 Tbsp. cocoa	1 tsp. vanilla
1/2 c. sugar	1/2 c. nuts, chopped
1/2 stick margarine	sifted powdered sugar
1/4 c. water	(to spread)

Cook sugar, cocoa, margarine and water for 3 minutes. Add powdered sugar and vanilla. Put on Brownies while they are warm. Sprinkle on nuts.

Hint: The secret to a moist Brownie is not to overbake. Take from the oven when they seem underbaked.

Mrs. E. C. (Margaret) Safrit

BUCKEYES (Candy)

2 lb. creamy peanut butter (at room temperature)	3 lb. confectioners sugar
1 lb. butter (at room temperature)	2 (12 oz.) pkg. chocolate chips
	1/2 bar paraffin

Mix peanut butter and butter together with confectioners sugar until smooth texture develops. Form small balls the size of "buck eyes". Refrigerate the balls.

Next, melt slowly the chocolate chips and paraffin together in top of double boiler. Using a toothpick, dip cold Buckeyes into chocolate until 2/3 covered. Let dry on waxed paper. Makes about 166 candies. These may be frozen. They are fabulous.

Dottie Cobb

BUTTERMILK FUDGE

1 c. buttermilk	1 tsp. soda
2 c. white sugar	1 Tbsp. corn syrup
1 Tbsp. butter	1 tsp. grated orange rind
1/2 c. pecans, chopped	

Add soda to buttermilk and let stand 5 minutes. Add sugar, syrup and butter; cook until light brown in color, about 25 minutes, or soft ball in cold water (238°). Remove from heat; allow to cool and beat until creamy. Add nuts and orange rind. Spread on buttered platter.

Helen Lentz

BUTTERSCOTCH BROWNIES

1 stick margarine	1 1/2 c. flour
2 eggs	2 tsp. baking powder
2 c. light brown sugar	1/2 tsp. salt
1 tsp. vanilla	1 c. nuts

Melt butter; add eggs and brown sugar. Beat. Sift together the flour, baking powder, and salt; add to other mixture. Add vanilla. Spread in a greased

BUTTERSCOTCH BROWNIES (Continued)

and floured, oblong pan. Bake in a 350° oven for 30 minutes. Do not overcook.

Araminta E. Harris

BUTTERSCOTCH SQUARES

1 1/3 sticks margarine	2 eggs
1 c. flour	1 c. pecans
2 c. brown sugar	1 tsp. vanilla
	dash salt

Melt margarine; add brown sugar, flour, beaten eggs, pecans and vanilla. Mix well. Bake in slow oven (325°) for 35 minutes or until light brown. Cool. Cut in squares. Roll in powdered sugar.

Sarah Johnson

CHEESE DREAMS

1/3 c. light brown sugar, firmly packed	1 (8 oz.) pkg. cream cheese
1 c. unsifted all- purpose flour	1/4 c. sugar
1/2 c. chopped walnuts	1 egg
1/3 c. melted butter	2 Tbsp. milk
	1 Tbsp. lemon juice
	1 tsp. vanilla

Preheat oven to 350°. Grease an 8-inch square baking pan. In a small bowl, mix the first three ingredients until well combined. Reserve 1/3 cup crumbs. Pat remaining gently into pan. Bake for 12-15 minutes.

Meanwhile, in a small bowl, beat cream cheese and sugar with electric mixer until smooth. Beat in remaining ingredients. Pour over crust. Sprinkle on remaining crumbs. Bake 25 minutes more until set. Cool on wire rack. When cool, cut into 2-inch squares. Cut each square diagonally in half. Makes 32 cookies with about 85 calories each.

Velma Isenhour

CHERRI-O

Crust:

1 c. graham cracker crumbs	1/4 c. margarine 2 Tbsp. sugar
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Combine ingredients and press in large dish.

Filling:

1 (8 oz.) pkg. cream cheese	cherry pie filling 1/3 c. lemon juice
1 (14 oz.) can Borden's sweetened condensed milk	1 tsp. vanilla extract

Let cheese soften; whip until fluffy. Gradually add milk, lemon juice and vanilla; continue beating until well blended. Pour into crust and chill 2-3 hours. Garnish with cherry pie filling.

Janet Beard Leinbach

CHEX BRITTLE

1 c. packed brown sugar	3/4 c. salted nuts (peanuts)
1/4 c. light corn syrup	1/4 tsp. soda
1/2 c. water	2 Tbsp. margarine
1 tsp. salt	5 c. Corn Chex cereal

Heat brown sugar, corn syrup, water and salt to 250° (hard ball) in heavy saucepan over medium heat. Add nuts. Continue cooking to 285° (brittle in cold water). Stir constantly. Remove from heat. Mix in soda and margarine. Stir in Chex to coat all pieces. Work quickly.

Spread on greased baking sheet. Separate into thin layer with two greased forks. Cool. Break into bite-sized pieces. Makes about 1 pound.

Jewel Long

CHOCOLATE CHIP COOKIES

1/2 c. butter	1/2 tsp. soda
3/4 c. sugar	1 tsp. vanilla or lemon extract
1 egg	
1 1/3 c. flour, unsifted	

CHOCOLATE CHIP COOKIES (Continued)

Mix all ingredients; add chocolate chips. Cook 8 minutes at 375°.

Mrs. Archibald Rufty

CHOCOLATE CHIP OATMEAL COOKIES

1 c. butter	1 1/2 tsp. salt
1 c. granulated sugar	1 c. flour
1/2 c. brown sugar, packed	3 c. quick-cooking oats
2 eggs	1 tsp. baking soda
1 1/2 tsp. vanilla	1 c. (6 oz.) chocolate chips
	1 c. chopped nuts

Beat butter and sugars together until fluffy. Beat in eggs, one at a time. Add vanilla. Gradually stir in flour, baking soda and salt. Add chocolate chips and nuts.

Drop by teaspoon onto cookie sheet. Bake in preheated 375° oven for 8-10 minutes until golden.

Fran Tannehill

CHOCOLATE DROP COOKIES

1 c. shortening	3 1/3 c. flour
2 c. brown sugar	1 tsp. salt
2 eggs	1 tsp. baking soda
2 tsp. vanilla	1 c. milk
1 (4 oz.) sq. chocolate, melted	

Cream sugar and shortening; add eggs, vanilla and chocolate. Blend well. Add sifted dry ingredients alternately with milk. Place on greased cookie sheet. Bake at 350° for 10-12 minutes.

Dianne Agner

CHOCOLATE KISS COOKIES

1/2 c. brown sugar, firmly packed	2 Tbsp. milk
1 egg	1 tsp. vanilla
	chocolate kisses

Cream well the brown sugar; add unbeaten egg, vanilla and milk, beating well. Blend the dry

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CHOCOLATE KISS COOKIES (Continued)

ingredients gradually. Mix thoroughly. Make into teaspoon-sized balls. Roll in sugar and place on ungreased cookie sheets.

Bake at 375° for 8 minutes. Remove from oven and place a solid milk chocolate candy kiss on top of each cookie, pressing down so the cookies crack around the chocolate. Return to oven. Bake 2-5 minutes longer.

Mrs. T. E. Dry

CHRISTMAS FUDGE

1/2 lb. butter	1 (13 oz.) can evaporated milk
5 c. sugar	
2 (12 oz.) pkg. semi-sweet chocolate morsels	1 (7 oz.) jar marshmallow cream
	1 tsp. vanilla
	1 1/2-2 c. chopped nuts

Melt butter in large, heavy saucepan; add milk and sugar, stirring constantly, and bring to a boil. Boil vigorously for 8 minutes. Remove from heat. Add chocolate morsels and beat until chocolate is melted. Add marshmallow cream and beat until well blended. Add vanilla and nuts; blend well.

Turn into a well-buttered, rectangular pan, 12 x 7 x 2 inches (may be larger). Let set in cool place at least 6 hours before cutting into squares. Store in airtight container. Makes 4 pounds.

Evelyn Sowers

CHURCH WINDOW COOKIES

1 (10 1/2 oz.) pkg. colored miniature marshmallows	12 oz. chocolate chips
	1 stick oleo
	4x. sugar
1 heaping c. nuts, ground	

Melt chocolate chips and oleo; let cool. Add marshmallows and nuts; mix by hand. Divide in half after well mixed and make 2 rolls the size you want cookies. Roll in 4x sugar and wrap in waxed paper; chill for 24 hours in refrigerator. Cut in thin slices. Can freeze; use sharp knife.

Annie Julian

COCONUT COOKIES WITHOUT COCONUT

1 1/2 c. Bisquick	1 c. sugar
1 1/4 c. instant potato flakes	1 egg
1 stick butter	1 tsp. coconut flavoring

Mix Bisquick, potatoes and sugar together. Melt butter and pour over Bisquick mixture. Add egg and flavoring. Roll into 1/2-inch balls. Place on greased cookie sheet and bake at 350° for 10 minutes.

Eleanor Sifford

COCONUT MACAROONS

1 c. sugar	1 (10¢) pkg. biscuit mix
1 stick margarine	(8 oz. Jiffy)
1 egg	3 tsp. coconut flavoring
1 (10¢) pkg. instant potato flakes	

Mix ingredients together. Drop batter from teaspoon about 1 1/2 inches apart on greased baking sheet. Bake in medium oven until done (approximately 325°). Remove immediately from cookie sheet and cool on paper towel. Cookies burn easily.

Lottie Plyler

CONGO BARS

2/3 c. margarine, melted	2 1/2 tsp. baking powder
1 whole box brown sugar	1/2 tsp. salt
3 eggs	1 small pkg. chocolate chips
2 3/4 c. flour	4 tsp. instant coffee
	1 c. nuts

Preheat oven at 350°. Baking time will be 25 minutes. Use two 9 x 14-inch pans. Mix ingredients well and spread into the two greased pans.

Sally Agner

CREAM CHEESE CHOCOLATE SQUARES

- | | |
|---|--|
| 1 box Swiss chocolate
Deluxe II Duncan
Hines cake mix | 1 egg, beaten slightly with
fork
1 stick margarine, melted
1 1/2 c. nuts (optional) |
|---|--|

Mix all ingredients with hands. Spread and press firmly in a greased 10 x 15 or 9 x 13-inch pan.

Topping:

- | | |
|---|---|
| 1 (1 lb.) box
xxxx sugar
2 eggs, slightly
beaten with a fork | 1 (8 oz.) pkg. cream
cheese (at room
temperature) |
|---|---|

Let cream cheese soften at room temperature. Mix with sugar and eggs (will be a little runny). Pour evenly on top of cake mixture in pan and bake at 350° for 30-40 minutes. Let cool and cut into squares. Serves 80-100, depending on the size you want your squares.

Note: Better if made at least a day before eating.

Mrs. Burton Beaver

CREAM CHEESE COOKIES

- | | |
|--|--|
| 1 stick margarine
4 oz. cream cheese
1/2 c. sugar
1 egg yolk
1/4 tsp. salt
1 c. flour | 2 tsp. grated orange rind
1 (6 oz.) pkg. chocolate
chips
1/2 c. nuts (pecans or
walnuts) |
|--|--|

Preheat oven to 350°. Baking time will be 15 minutes. You will need a cookie sheet.

Stir together the flour and salt; set aside while you cream margarine and cream cheese together. Add sugar. Beat until fluffy, like mayonnaise. Beat in egg yolk and grated orange rind; add flour, chocolate chips and nuts. Drop 1 inch apart onto a greased cookie sheet.

Margie Bernhardt

DATE ROLL

2 c. sugar	1 (8 oz.) pkg. dates
1 c. milk	2 c. nuts

Combine sugar and milk; cook to soft ball stage. Add dates and allow to melt. Cool slightly, then beat until creamy. Add nuts and mix well.

Pour onto a damp tea towel and roll to form a roll 1 1/2 inches in diameter. Allow to stand in the refrigerator for 2-3 hours. Cut in slices 1/2 inch thick. Roll in powdered sugar, if desired.

Helen Lentz

DATE STICKS

1/2 c. all-purpose flour	1 Tbsp. melted margarine,
1/2 tsp. baking powder	cooled
(Calumet)	1 (8 oz.) pkg. Dromedary
1/4 tsp. salt	chopped dates
1 egg	1/4 c. chopped English
1/2 c. granulated sugar	walnuts
	10x sugar

Sift flour, baking powder and salt. Beat egg; add sugar gradually, mixing well. Blend in margarine. Stir in dates and nuts. Gradually add flour mixture, mixing thoroughly.

Turn into greased, 8 x 8 x 2-inch baking pan, spreading evenly. Bake in preheated slow oven (325°) for 25-30 minutes or until done. Do not overcook. Cool in pan on wire rack. Cut into sticks and roll in sifted 10x sugar, covering them well. Store in covered container.

Mrs. W. Luther Miller

DATE SWIRL COOKIES

1/2 c. butter	1 egg
1/2 c. brown sugar	1/2 tsp. soda
1/2 c. white sugar	2 c. flour

Mix butter and sugars; cream well. Add egg and mix well. Add soda to flour and mix thoroughly.

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DATE SWIRL COOKIES (Continued)

Roll about 1/4 inch thick. Spread on date mixture.

Date Filling:

1/4 lb. pitted dates	1/3 c. water
1/2 c. chopped nuts	

Cook over low heat; stir constantly. Cool. Sprinkle nuts on dough after spreading on date mixture. Roll like jellyroll; roll in waxed paper and chill overnight. Slice thin and bake at 400° for 10 minutes. Bake on ungreased cookie sheet.

Ruth K. Uzzell

EASY CHOCOLATE CHEWS

4 egg whites, stiffly beaten	1 (6 oz.) pkg. chocolate bits, melted
1 c. sugar	1 c. coconut
1/2 tsp. salt	

Beat egg whites until stiff, adding sugar gradually. Add salt, coconut and melted chocolate. Cut brown paper to fit cooky sheet and drop dough on this by small teaspoonfuls. When baked, slide cookies and paper onto a damp paper towel, loosening cookies after steaming for a moment. (Paper may be reused for another batch.) Bake at 325° for 10 minutes.

Mrs. George R. Whittecar

ENGLISH TOFFEE COOKIES

1/2 lb. butter (real)	1 tsp. vanilla
1 egg yolk	2 c. sifted flour
1 c. brown sugar, packed	

Cream butter, egg and sugar; add flour and vanilla. Spread mixture on a 10 1/2 x 15 1/2-inch, ungreased cookie sheet with sides. Bake 20 minutes at 350°.

Topping:

1/2 box (1 c.)
10x sugar

1/4 stick margarine, melted
milk to spread (about
1 Tbsp.)

Spread over cookies while warm; cut into squares.

Nancy Lippard

FASTNACHTS

1 pkg. dry yeast
1/2 c. shortening
1 tsp. salt
1 egg

1 1/2 c. milk
1/2 c. sugar
enough flour to make a soft
dough (about 6 c.)

Scald milk; when cool, add the yeast, shortening, sugar, egg, salt and flour, sifted together. Work thoroughly until light and smooth. Put in warm place to rise until double in bulk. Roll out on lightly floured board. Cut in strips. Strips may be tangled or twisted into different shapes. Let rise again. Fry in deep fat until golden brown and drain.

This is an old family recipe handed down to be used on Shrove Tuesday. Sprinkle with powdered sugar, if desired.

Mrs. Frank Cress

FILLED DATE COOKIES

2 sticks butter or
margarine
1 egg, beaten
1 c. sugar
1/2 c. milk

2 lb. chopped dates
1 c. crushed graham
crackers
1 c. chopped nuts
1 tsp. vanilla

In heavy pan, combine the margarine, egg, butter, milk and dates; cook for 10 minutes. Remove and add graham cracker crumbs, nuts and vanilla; set aside. Line a cookie sheet with whole graham crackers. Spread mixture on crackers and top with

(Continued on Page 198)

another layer of whole grahams. Press together firmly. Ice with the following:

Icing:

3/4 stick butter or	1 tsp. vanilla
margarine	1 Tbsp. milk
3 c. xxxx sugar	

Melt margarine and milk together; add sugar and vanilla. Spread on graham crackers. Cut into squares.

Marlene Plyler

FORGOTTEN COOKIES

2 egg whites	1 (6 oz.) pkg. chocolate
2/3 c. sugar	chips
1 tsp. vanilla	1/2 c. pecans, chopped
	pinch salt

Cover oven racks with foil and spray with Pam. Beat egg whites until frothy; add sugar slowly, 2 teaspoons at a time, beating at high speed. Fold in salt, vanilla, chips and nuts.

Drop by teaspoon on foil. Put in a 350° oven; turn off and leave overnight or all day.

Note: Do not scrape sides of bowl while beating.

Ann Frank

Frances Krider

GLORIFIED BROWNIES

2 c. sugar	1 c. butter
4 eggs	1 1/2 c. flour
6 tsp. cocoa	1 c. nuts
pinch salt	

Cream sugar and butter; add eggs. Sift flour, salt and cocoa; add to above mixture. Stir in nuts. Bake in a 9 x 13-inch pan for 30-35 minutes at 375°. While cake is baking, make icing.

Icing:

1/4 c. butter	4 Tbsp. milk
3 Tbsp. cocoa	bite-sized marshmallows
2 c. confectioners sugar	

Mix butter and cocoa; add confectioners sugar and milk. Cut 12 marshmallows in small pieces or use bite-sized marshmallows. Put over cake while hot. Cover with icing. Cool before cutting into squares.

Nan Graeber

GRAHAM CRACKER BARS

2 sticks margarine	1/2 c. milk
1 c. sugar	1 c. nuts (any kind)
1 egg	1 c. graham cracker crumbs

Bring the first 4 ingredients to a boil for 1 minute. Then add nuts and graham cracker crumbs. Grease a 13 x 9 x 2-inch pan and line with whole crackers. Pour filling over crackers. Top with another layer of crackers. Ice and chill for 24 hours.

Icing:

3/4 stick margarine	1 Tbsp. vanilla
1 Tbsp. milk	2 c. powdered sugar

Frances Lynne Tatum

GRAHAM CRACKER BARS

Filling:

3/4 c. sugar	1 egg, beaten
1 stick butter or margarine	1 c. coconut
1/2 c. evaporated milk	1 c. pecans, chopped
	1 box graham crackers

Boil the first 4 ingredients slowly for 6 minutes. Remove from heat and add coconut and pecans.

(Continued on Page 200)

GRAHAM CRACKER BARS (Continued)

Cover bottom of an 11 x 15-inch baking pan with graham crackers with lines in crackers all going in the same direction. Spread filling over crackers. Arrange another layer of crackers over filling with cracker lines going in same direction as bottom layer. Mix topping ingredients and spread over crackers. When cool, cut out bars following, as closely as possible, the lines of the crackers. Serves 48.

Note: They keep well and are good served with sherbet.

Topping:

1/2 stick butter or	2 c. powdered sugar
margarine	1 tsp. pure vanilla
2 Tbsp. milk	

Mrs. John Sherrill, Sr.

HOLIDAY FRUITCAKE COOKIES

1 c. shortening	2 c. candied cherries,
2 c. brown sugar	halved
2 eggs	2 c. chopped dates
1/2 c. buttermilk	1 tsp. salt
1 1/2 c. broken pecans	1 tsp. soda
1/2 c. black walnuts	3 1/2 c. flour

Mix well the shortening, sugar and eggs. Add buttermilk. Sift together dry ingredients; mix in pecans, dates and cherries. Chill dough for 1 hour. Drop by teaspoons about 2 inches apart on lightly-greased baking sheet. Top each cookie with a pecan half. Bake 10-12 minutes at 400°. Makes about 4 dozen.

JEANNETTE'S GINGER COOKIES

2 c. sugar	5 c. flour
1/2 c. shortening	1 Tbsp. ginger
1 Tbsp. vinegar	1 tsp. salt
2 eggs	1 Tbsp. soda
1/4 c. molasses	

Cream together the sugar and shortening. Add

vinegar, eggs and molasses. Sift together and then add the flour, ginger, soda and salt; mix well. Shape into balls the size of a small walnut. Allow for spreading. Bake at 350° until browned. Cookies may be frosted with a white powdered sugar icing as they come from the oven.

Mrs. George R. Whittecar

JUNE STARR BROWNIES

1 stick margarine, melted	2 eggs
2 c. brown sugar, firmly packed	2 tsp. vanilla
	2 c. self-rising flour
	1 c. chopped nuts

Mix all together and pour into greased pan. Bake at 350° for approximately 25 minutes. When cold or cool, cut in squares and store in container.

Margaret Buie

LEMON BARS

Crust:

1/2 c. butter	1/4 c. powdered sugar
1 c. flour	

Line the bottom of an 8 x 8-inch buttered pan. Bake at 350° for 20 minutes.

Filling:

2 eggs, well beaten	1/4 tsp. salt
1 c. sugar	2 Tbsp. flour
1/2 tsp. baking powder	3 Tbsp. lemon juice

Add lemon juice to well-beaten eggs; then add sugar, baking powder and salt. Add this filling to the top of baked crust. Bake 1/2 hour at 350°. Cool. Sprinkle with powdered sugar and cut in squares.

Mildred A. Lang

LEMON BARS

1 c. unsifted all-purpose flour	2 eggs
1/4 c. confectioners sugar	1 c. sugar
1/2 c. butter or margarine	2 Tbsp. flour
	1 Tbsp. grated lemon rind
	1/2 tsp. baking powder
	2 Tbsp. lemon juice

Preheat oven to 350°. In large bowl, combine flour and powdered sugar. Cut in margarine until crumbly. Press flour mixture into ungreased, 8 or 9-inch square pan. Bake for 15 minutes. Remove from oven.

In small bowl, beat eggs and sugar until light colored; stir in remaining ingredients. Pour egg mixture over partially-baked crust. Return to the oven and bake 18-25 minutes or just until golden. Cool completely. Sprinkle lightly with confectioners sugar. Cut into small squares. Makes 24 bars.

MOIST AND CHEWY BROWNIES

1 c. (6 oz.) chocolate chips	1 (14 oz.) can Eagle Brand condensed milk
1/4 c. margarine	1 egg
2 c. biscuit mix (Bisquick)	1 c. nuts

Melt chips and butter. Remove from heat. Add Bisquick, milk and eggs. Stir well. Stir in nuts. Pour into a 13 x 9-inch pan sprayed with Pam. Bake at 350° for 20-25 minutes. You can top with your favorite chocolate icing.

Karen L. Rogers

NO-FAIL FUDGE

2 c. white sugar	1 small can Carnation milk or 2/3 c. milk
2 Tbsp. syrup	2 sq. chocolate
2 Tbsp. butter	1 tsp. vanilla

Cook sugar, syrup, milk and cocoa or chocolate until it makes a soft ball; do not stir. Boil until it

NO-FAIL FUDGE (Continued)

spins a thread. Add butter. Set in a pan of water until you can hold your hand underneath. Add vanilla or add nuts. Beat well. Pour in a greased pan to cool. Cut while warm.

Virginia Beaver

NUTMEG FLATS (Cookies)

1 c. margarine	2 c. flour
1 c. sugar	1 1/2 tsp. nutmeg
1 egg, separated	

In large bowl, cream margarine and sugar; add egg yolk and beat well. Stir in flour and nutmeg. Press evenly in an ungreased, 15 x 10-inch pan. Beat egg white slightly and brush over top. Bake at 275° for 1 hour. While hot, cut in 2 x 3/4-inch bars. Remove to rack to cool. Makes 96 bars.

Helen Lentz

OLD-FASHIONED HERSHEY'S FUDGE

2/3 c. Hershey's cocoa	1 1/2 c. milk
3 c. sugar	1/4 c. butter
1/8 tsp. salt	1 tsp. vanilla

Combine cocoa, sugar and salt; add milk. Begin cooking, allowing butter to melt into mixture. Bring to a boil. Boil until a soft ball forms when dropped in cold water. (Test frequently.) When soft ball stage is reached, remove from heat; add vanilla and beat by hand until mixture loses its gloss. Pour into buttered pan. Cut into squares.

Barbara Bumgarner

OLD-FASHIONED SUGAR COOKIES

2 eggs	1/2 c. Crisco
1/2 box brown sugar	2 Tbsp. milk
1 1/4 c. plain sugar	1 1/2 Tbsp. vanilla
3 1/2 c. flour	1/4 lb. butter

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OLD-FASHIONED SUGAR COOKIES (Continued)

1/2 tsp. salt 1/2 tsp. baking soda
1 1/2 tsp. baking powder

Roll very thin. Add extra flour for proper consistency. Bake at 350° until browned, 10 minutes.
Rindi Haynes

ORANGE CUPCAKES (Very Good)

1 c. or 2 sticks butter 1 tsp. baking powder
1 c. sugar 1/4 tsp. soda
1/2 c. raisins, cut 2/3 c. sour milk or
2 eggs buttermilk
grated rind of 2 c. flour
2 oranges

Cream butter and sugar; add eggs, one at a time. Beat. Add raisins, orange peel, flour and baking powder. Soda should be dissolved in milk and added to mixture. Pour in greased and lightly-floured muffin pans. Bake in a 350° oven until brown.

Topping:

1/2 c. sugar juice of 2 oranges

Mix. Spoon topping over muffins as soon as removed from oven. Remove from muffin tins.
Minnie Epting

PARTY IGLOO COOKIES

1 stick oleo 1 c. pecans
1 c. sugar 2 boxes butter cookies
1 large can pineapple 1 large container Cool Whip
1 c. dark raisins 1 small can coconut or flaked

Use food chopper or blender and blend pineapple, raisins and pecans. Melt or soften oleo and mix sugar and oleo with the 3 blended mix. Use this as filling in butter cookies, using 3 cookies for each Igloo. Frost tops and sides and sprinkle coconut on tops and sides. Real pretty and good.

Mrs. Carl Julian

PEANUT BLOSSOMS
(Makes About 3 Dozen)

1 3/4 c. all-purpose flour	1/2 c. shortening
1 tsp. soda	1/2 c. peanut butter
1/2 tsp. salt	1/2 c. sugar

Sift together the flour plus the soda and salt. Cream together with the shortening and peanut butter, gradually adding the sugar. Drop on cookie sheet. Bake at 375° for 8 minutes, then at lower oven for 2-5 minutes.

C. McCubbins

PEANUT BUTTER COOKIES

1 c. shortening	3 c. sifted flour
1 c. granulated sugar	2 tsp. baking powder
1 c. brown sugar	1/4 tsp. salt
1 c. peanut butter	1 tsp. vanilla
2 beaten eggs	

Cream shortening, sugar and vanilla; add eggs and beat thoroughly. Stir in peanut butter. Sift dry ingredients and stir into creamed mixture. Form into balls. Place on ungreased sheet and press with back of fork to make crisscross design. Bake at 375° for 15 minutes.

Mrs. Carl Julian

PEANUT BUTTER COOKIES

1/2 c. peanut butter	1/2 tsp. soda
1 egg	1/2 c. white sugar
1 1/2 c. flour	1/2 tsp. vanilla
1/2 c. brown sugar	1/2 tsp. salt
1/2 c. shortening	

Baking time will be 10-15 minutes. Preheat oven to 350°.

Combine all ingredients. Shape into balls and flatten with a fork on a greased cookie sheet.

Sally Agner

PEANUT BUTTER COOKIES

1 c. shortening	1 tsp. vanilla
1 c. peanut butter	2 1/2 c. flour
1 c. granulated sugar	1/2 tsp. salt
1 c. brown sugar, packed	3/4 tsp. baking soda
2 eggs	1/2 tsp. baking powder

Beat shortening and peanut butter until creamy. Gradually add sugars, beating thoroughly after each addition. Beat in eggs and vanilla. Mix remaining ingredients and blend into peanut butter mixture. Shape into balls about 1 inch in diameter. Place about 2 inches apart on an ungreased baking sheet. Flatten each cookie. Crisscross top of each cookie with a fork, if desired. Bake at 375° (moderate oven) for 10-15 minutes. Remove from baking sheet while warm. Makes 4-5 dozen cookies.

Variation: Top Hat Cookies: Roll balls of dough in granulated sugar before placing on baking sheet. Do not flatten. Bake 10 minutes, then remove from oven and press a milk chocolate candy kiss into center of each cookie. Return to oven and bake 2-5 minutes longer, or until cookies are done.

Barbara S. Bumgarner

PEANUT BUTTER COOKIES

1 pkg. yellow cake mix	2 Tbsp. water
1 c. peanut butter	1/2 c. oil
2 eggs	

Mix all ingredients together. Bake at 350° for 8-10 minutes.

Mary Smith

PEANUT BUTTER FRUIT SQUARES (Candy)

1 c. pitted dates	1 c. peanut butter
1/2 c. seedless raisins	1/4 c. Eagle Brand sweet- ened condensed milk
1/2 c. currants	

Put all fruit through food chopper; add peanut

PEANUT BUTTER FRUIT SQUARES (Continued)

butter and Eagle Brand sweetened condensed milk. Press into bottom of an 8 x 8 x 2-inch, buttered pan, which has been sprinkled with xxxx sugar. Smooth surface of candy and sprinkle with more xxxx sugar, if desired. Chill until firm. Cut into squares.

Virginia Beaver

PEANUT BUTTER STICKS

1 loaf day-old, sliced	1/2 c. honey
white bread	1 box Rice Chex, crushed
3/4 c. vegetable oil	1 (12 oz.) jar peanut butter

Cut off all crust from bread; cut bread slices into finger-sized strips. Spread bread sticks in a baking pan and bake in a 200° oven for 3 hours or until strips are crisp.

Mix peanut butter (approximately 1 cup), oil and honey to make mixture. Dip toasted bread sticks in peanut butter mixture and roll in crushed Rice Chex. Put on tray to dry.

Jewel Long

POTATO CHIP COOKIES

3/4 c. margarine	1/2 c. finely-crushed
1/2 c. sugar	potato chips
1/2 c. ground pecans	1 1/2 c. flour

Cream margarine and sugar; add remaining ingredients and mix well. Form balls and flatten with bottom of a glass dipped in sugar (prevents sticking). Bake at 350° for 8-10 minutes.

Barbara Chesky

ROCKY ROAD SQUARES

1 (12 oz.) pkg. chocolate chips	2 Tbsp. butter
1 (14 oz.) can Eagle Brand condensed milk	2 c. dry roasted peanuts
	1 (10 1/2 oz.) pkg. miniature marshmallows

In top of double boiler, melt chocolate chips,

(Continued on Page 208)

ROCKY ROAD SQUARES (Continued)

condensed milk and butter. Remove from heat. In large bowl, combine nuts and marshmallows. Fold in chocolate mixture. Spread in waxed paper-lined pan. Chill 2 hours or until firm. Remove from pan. Peel off paper. Cut in squares. Cover and store at room temperature. Makes 75 pieces.

Note: Use a 13 x 9-inch pan.

Frances T. Krider

SHAGGY DOGS (Cookies)

1 egg, beaten	1 c. chopped nuts
1 c. sugar	2 c. Rice Krispies
1 c. chopped dates	1 tsp. vanilla flavoring
1/2 stick margarine	

Mix together and boil 5 minutes the first 4 ingredients. Stir and cool. Add vanilla, Rice Krispies and nuts. Mix all together and roll balls in coconut. Makes 3-4 dozen.

Margie Hakos

SHERRIED CHOCOLATE BALLS

1 (10 oz.) pkg. vanilla wafers	3 Tbsp. cocoa
1 1/2 c. walnuts or pecans	1/2 c. light Karo syrup
1 1/2 c. 10x sugar	1/3 c. California sherry wine
	additional 10x sugar and cocoa for rolling

Put vanilla wafers and nuts through food chopper, using finest blade. Blend well. Add sugar and cocoa; mix with hands well. Add syrup and wine; mix. (If too dry, add a little more wine to shape into balls.)

Shape into balls the size of large marbles by rolling in palms of hand (a small amount). Put extra 10x sugar and cocoa on separate pieces of waxed paper. Roll each ball in sugar, then in cocoa.

Store in tightly-covered box (cake) to be used at a later date. Makes about 60.

Mrs. W. Luther Miller

SNOWBALLS

1 c. Bisquick	1/4 c. soft butter
1/4 c. chopped nuts	(1/2 stick)
3 Tbsp. boiling water	1/2 tsp. almond extract
	or vanilla

Heat oven to 375°. Mix Bisquick, butter, nuts and flavoring. Add water; stir with a fork until dough forms a ball and cleans the bowl. Shape into 24 balls. Bake 10-12 minutes on ungreased baking sheet. While warm, roll each ball in confectioners sugar. Makes 2 dozen.

Carrie S. Beard

SPICE DROP COOKIES

1 c. water	1 tsp. soda
2 c. raisins	1 tsp. baking powder
1 c. shortening	1 tsp. salt
2 c. sugar	1 1/2 tsp. cinnamon
3 eggs	1/4 tsp. nutmeg
1 tsp. vanilla	1/4 tsp. allspice
3 c. flour	1 c. nuts

Add water to raisins and boil 5 minutes. Cream sugar and shortening; add well-beaten eggs, vanilla and cooled raisins and liquid. Add nuts, flour and spices. Drop by spoonfuls on cookie sheet. Bake at 375° for 12-15 minutes.

Mildred A. Lang

SOUTHERN LIVING BROWNIES

1 c. margarine	1 1/2 c. flour
4 (1 oz.) sq. unsweetened chocolate	1 tsp. baking powder
4 eggs	2 tsp. vanilla
1 c. sugar	1 c. pecans
1 c. brown sugar	5 oz. miniature marshmallows

Melt chocolate and margarine in double boiler. Beat eggs; add sugars and flour, sifted with baking powder. Stir in flavoring and nuts, then chocolate.

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SOUTHERN LIVING BROWNIES (Continued)

Put into greased and floured, jellyroll pan, 15 x 10 x 1 inch. Bake at 325° for 25-30 minutes. When done, remove from oven and immediately spread marshmallows over the top and then pour icing over all. Makes 50 (give or take).

Hint: Swirl icing and marshmallows together as you spread it. These freeze very well.

Icing:

1/2 c. butter	2/3 c. evaporated milk
1 c. sugar	(1 small can)
3 (1 oz.) sq. chocolate	1 box powdered sugar
	1 tsp. vanilla

Don't wash chocolate pot. Add the first 4 ingredients. Cook in boiler until blended. Beat in sugar and vanilla. Pour over hot brownies and let set for 24 hours. Cut into 1-inch squares.

Kay Wilson

SUGAR COOKIES

1/2 c. shortening	1 egg, unbeaten
1/2 tsp. salt	2 Tbsp. milk
1 tsp. grated lemon rind (optional)	2 c. sifted flour
1 c. sugar	1 tsp. baking powder
	1/2 tsp. soda

Heat oven to 400°. Blend together the first four ingredients. Beat in the next two ingredients. Finally, stir in the remaining ingredients. Drop by rounded teaspoonfuls on lightly-greased baking sheet. Grease bottom of a glass. Dip glass in sugar and flatten each cookie. Bake 8-10 minutes until light brown or golden. Cool on a rack. Yields 3 dozen cookies.

Mrs. Carl Julian



Cakes



ANGEL BAVARIAN CAKE

1 pt. milk	1/2 c. cold water
4 egg yolks	1/4 c. orange juice
1 c. sugar	grated rind of 1 large
2 Tbsp. flour	orange
pinch salt	1/2 pt. cream, whipped
2 envelopes Knox	4 stiffly-beaten egg whites
gelatine	1 large angel food cake

Make a thin custard of the first 5 ingredients. Dissolve gelatine in cold water; pour into hot custard. Cool. Add orange juice and rind. Fold whipped cream into custard along with stiffly-beaten egg whites.

Break up the cake. Line stemmed cake pan with broken pieces of cake and cover with custard. Repeat process, layering alternately, being sure custard forms the last layer. Let stand overnight. Ice with whipped cream and sprinkle with fresh coconut. Slice and serve.

Pauline Tatum

APPLE CAKE

4 c. diced apples	3 c. flour
2 c. sugar	2 tsp. baking powder
2/3 c. oil	2 tsp. baking soda
2 eggs, beaten	2 tsp. cinnamon
2 c. raisins or nuts	1 tsp. salt
or both	

Combine apples and sugar; let stand 10 minutes. Blend oil and eggs into apple mixture. Combine dry ingredients; add and mix well. Stir in raisins and nuts. Pour into a greased Bundt pan and bake at 350° for 1 hour. Cool for 10 minutes upright, then take out of pan.

For an 8-inch pan, cut recipe in half and bake 35-40 minutes.

Carolynn Spry

APPLE CAKE

1 c. salad oil	3 c. chopped apples (add last)
2 large eggs	
1 tsp. soda	2 c. sugar
1 tsp. vanilla	1 c. nuts
2 1/2 c. plain flour	2 tsp. cinnamon

Mix flour, eggs, sugar, oil, salt, soda, baking powder, vanilla and cinnamon with a wooden spoon; do not use mixer. Add nuts; put apples in last and mix with hands. Use a flat pan and bake 55-60 minutes at 350°.

Eula Kirk

APPLE KUCHEN

1/2 c. butter or margarine, softened	1/2 c. sugar
1 pkg. yellow cake mix	1 tsp. cinnamon
1/2 c. flaked coconut	1 c. dairy sour cream
1 (20 oz.) can pie sliced apples, well drained	2 egg yolks or 1 egg

Heat oven to 350°. Cut butter into cake mix (dry) until crumbly. Mix in coconut. Pat mixture lightly into ungreased, oblong pan, 13 x 9 x 2 inches, building up slight edges. Bake 10 minutes.

Arrange apples on warm crust. Mix sugar and cinnamon; sprinkle on apples. Blend sour cream and egg yolks; drizzle over apples (topping will not completely cover apples). Bake 25 minutes or until edges are light brown. Do not overbake. Serve warm. Makes 12-15 servings.

Margie Bernhardt

APPLESAUCE CAKE

2 c. sugar	1 tsp. cinnamon
1 c. margarine	1 tsp. nutmeg
2 c. applesauce with 1 tsp. soda added	1/2 tsp. cloves
3 c. flour	1 box seedless raisins
3 eggs	1 c. nuts
	1/2 pkg. candy orange slices

Cream sugar and margarine; add eggs, one at a time. Add flour and spices; beat until mixed well.

APPLESAUCE CAKE (Continued)

Flour the raisins, nuts and candy. Add applesauce and then fruit and nuts last. Bake at 325° for 1 hour. Check; be sure it's done. If not, bake a while longer.
Edna Pinkston

APPLESAUCE CAKE

2 eggs	1 c. chopped dates
1/2 c. sugar	1 c. raisins
2 1/2 c. flour	1 1/2 c. chopped nuts
3 tsp. soda	1 can applesauce
1 tsp. allspice	2 small or 1 large jar
1 tsp. cloves	maraschino cherries
3 tsp. cinnamon	(save juice)
1/2 tsp. salt	

Cream butter and sugar; add eggs and applesauce. Add flour, which has been sifted with spices, soda and salt. Next, fold in raisins, dates, nuts and cherries that have been drained.

Pour into a greased tube pan. Bake 2 hours at 275°. Cool in pan for 10 minutes. Then turn out. When cake is completely cool, pour cherry juice on top for moisture.

Marjorie Long

BANANA CUPCAKES

1/2 c. margarine	1 Tbsp. water
1 c. sugar	1 3/4 c. flour
1 c. bananas, mashed	1 tsp. vanilla
1 egg	1 tsp. nutmeg
1 tsp. soda	

Mix all together. Put in muffin pan and bake at 350°. Roll in 10x sugar while hot.

Edna Pinkston

BANANA NUT POUND CAKE

1 c. Crisco	3 c. sugar
1 stick margarine	5 eggs

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BANANA NUT POUND CAKE (Continued)

3 c. plain flour	3 Tbsp. milk
1 tsp. baking powder	2 tsp. vanilla
1/2 tsp. salt	1 c. chopped or ground pecans
2-3 ripe bananas	

Cream the first 3 ingredients together, then add eggs and rest of ingredients. Beat in bananas and nuts last until really smooth. Bake in a well-greased and floured, 10-inch cake pan. Bake at 325° for 1 hour and 15 minutes or until tests done. Don't overbake.

Glaze:

1/2 stick margarine	1 tsp. vanilla
1/2 box powdered sugar	

Thin down with cream or canned milk. Cool cake slightly, then put glaze on cake.

Mrs. Glenna Harkey

BANANA SPLIT CAKE

2 c. graham cracker crumbs	2 sticks margarine
1 stick melted margarine	2 eggs
2 c. powdered sugar	bananas
	1 can crushed pineapple, drained

Mix graham cracker crumbs with melted margarine and put in a 13 x 9-inch pan. Cream remaining ingredients for 10 minutes. Spread over crust. Slice bananas over cream. Spread drained pineapple over bananas. Cover with Cool Whip. Garnish and chill.

Lottie Plyler

BROWNIES

1 c. butter (Mrs. Filbert's)	2 (1 oz.) sq. unsweetened chocolate, melted
2 c. sugar	2 tsp. vanilla
4 eggs	1 c. plain flour
	1 c. chopped nuts

BROWNIES (Continued)

Thoroughly cream butter and sugar; add eggs and beat thoroughly. Blend in chocolate and vanilla. Stir in flour and chopped nuts. Pour into greased, 9 x 9 x 2-inch pan. Bake in oven at 325° for 45 minutes. When done, press lightly around edges with bottom of glass. Cut while hot. Wait 10 minutes. Take out with spatula and place in Tupperware.

Oneda Plyler

CAKE BARS

1 box yellow cake mix	1 box powdered sugar
1 stick butter, softened	1 (8 oz.) pkg. cream cheese
1 egg	2 eggs

Mix the first 3 ingredients with a fork and press in a 9 x 13-inch, greased pan. Beat remaining three ingredients with mixer and pour over other mixture. Bake at 350° for 45 minutes. Allow to set until cooled before cutting into bars or squares.

Janie Allen

CAKE WITH OATMEAL

1 1/4 c. boiling water	1 3/4 c. flour
1 c. quick Quaker oats	1 tsp. soda
1/2 c. Crisco	1/2 tsp. salt
1 c. brown sugar	1/2 tsp. cinnamon
1 c. white sugar	1 tsp. vanilla
2 egg whites	

Pour boiling water into Quaker oats and set aside. Mix together the Crisco, sugars and egg whites. Add oats to shortening mixture. Sift together the flour, soda, salt and cinnamon; gradually add flour mixture to shortening mixture. Add vanilla. Use an oblong baking pan, greased and floured. Bake at 350° for 25-30 minutes.

Topping:

1 stick margarine	1 c. brown sugar
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(Continued on Page 216)

CAKE WITH OATMEAL (Continued)

1 c. nuts (pecans)	2 egg yolks
1 c. Angel Flake coconut	

Just before you take the cake from the oven, melt together the margarine and brown sugar; add remaining ingredients. Gradually add 1/4 cup milk or until you have a spreading consistency. Spread mixture over cake and put cake in oven. Broil until topping is browned.

CARAMEL CAKE

3 c. flour	2 c. sugar
1 tsp. baking powder	4 eggs
1 c. butter or other shortening	1 c. milk
	1 tsp. vanilla

Sift flour once; measure and add baking powder. Sift three times. Cream butter; add sugar gradually and cream together until light and fluffy. Add well-beaten eggs and mix well. Add flour and milk alternately in thirds. Beat after each addition until smooth. Add vanilla.

Bake in buttered layer pans at 350° for about 25 minutes. Let cool and spread layers with Burnt Caramel Icing. (Use a 9-inch cake pan.)

Burnt Caramel Icing:

3 c. sugar	1 c. milk
1 c. butter	1/2 tsp. vanilla

Cook milk, butter and 2 1/2 cups sugar, stirring constantly. Burn 1/2 cup sugar in iron skillet; mix the two. Cook to a soft ball stage; set aside to cool. Add vanilla. Beat until creamy and spread between layers and top of cake. If caramel sets too quickly, add 1 teaspoon boiling water and beat again.

Lena B. Lyerly

CHERRY POUND CAKE

1 c. shortening	3 c. sugar
1/2 c. margarine	6 eggs

CHERRY POUND CAKE (Continued)

1/2 tsp. almond flavoring	1/2 (10 oz.) jar maraschino cherries, chopped
1/2 tsp. vanilla extract	3 3/4 c. plain flour, sifted
	3/4 c. milk

Cream shortening and sugar; add eggs, one at a time. Mix well. Add flavoring and cherries. Add milk and flour alternately. Place in cold oven at 300° for 1 hour and 45 minutes. Cool in pan for 15 minutes. Remove from pan when cold and spread with frosting.

Frosting:

3 oz. cream cheese	1/2 (10 oz.) jar maraschino cherries
1/2 c. coconut	
1/2 c. chopped nuts	1/2 tsp. vanilla or almond extract
2 c. confectioners sugar	

Elizabeth Leonard

CHEESE CAKE

Crust:

16 graham crackers	1 stick margarine, melted
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Mix well and pat into a 9 x 13-inch pan.

Filling:

16 oz. cream cheese, softened	2 tsp. vanilla
2 eggs	2/3 c. sugar

Blend well and pour into crust. Bake at 350° for 25 minutes. Cool well!

Topping:

2 c. sour cream	3 tsp. vanilla
8 Tbsp. sugar	

Mix and spread on pie. Bake at 375° for 7

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CHEESE CAKE (Continued)

minutes. Chill for 24 hours. Can be topped with berries.

Karen L. Rogers

CHEWY SOUR CREAM CHEESECAKE

1 yellow cake mix 1 egg, well beaten
1 stick margarine, melted

Melt margarine in a 9 x 13 x 2-inch cake pan. Stir in dry cake mix. When slightly cool, stir in beaten egg. Pat in bottom of pan to form a crust. Assemble all the following ingredients:

2 eggs 1 1/2 c. sour cream
1/2 c. sugar 1 lb. cream cheese
2 tsp. vanilla 2 Tbsp. melted margarine
flavoring

Add eggs, sugar, vanilla and sour cream in blender. Blend 15 seconds on liquefy. Remove cover. Add cream cheese gradually. Add melted margarine. Pour cheese mixture into cake mixture crust.

Bake at 350° for 35 minutes or until set in center. Chill. Top with pie filling or any type fruit.

Mrs. Arthur W. Pinkston

COFFEECAKE

2 c. Bisquick baking 1 egg
mix 2/3 c. water or milk
2 Tbsp. sugar Streusel Topping*

Heat oven to 400°. Grease a round pan, 9 x 1 1/2 inches. Mix all ingredients, except topping. Bake 20-25 minutes. Makes 8 servings.

*Streusel Topping:

1/3 c. Bisquick 1/2 tsp. ground cinnamon
1/3 c. packed brown 2 Tbsp. firm margarine or
sugar butter

Mix until crumbly; sprinkle on top.

Amy Tannehill

COFFEECAKE

1 c. sour cream	1/2 c. warm water
1/2 c. sugar	2 pkg. yeast
1 tsp. salt	2 eggs
1 stick margarine, melted	4 c. unsifted flour

Scald the sour cream (heat moderately); stir in sugar, salt and margarine. Allow to cool to yeast temperature. Dissolve yeast in warm water. Add to the above mixture. Mix well and leave in bowl. Add flour. Stir well. Leave in bowl with some rising room. Cover with plastic wrap. Refrigerate overnight.

Divide into 3-4 balls. Roll. Spread with filling. Let rise until doubled. Bake at 350° for 12-15 minutes.

Note: Roll to 1/4-1/2 inch thickness in a rectangle. Divide into thirds. Slit the outer thirds in strips with a knife. Spread cream cheese mixture on inside third. Fold strips over middle, alternating to form braid.

Filling:

1 lb. cream cheese	dash salt
3/4 c. sugar	2 tsp. vanilla
1 egg	

Glaze:

1/2 box confectioners sugar	1 tsp. vanilla 2 Tbsp. milk (or more)
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Frances Lynne Tatum

COCA-COLA CAKE

2 c. sugar	1/2 c. buttermilk
2 c. flour	1 tsp. vanilla
2 sticks margarine	1/2 c. tiny marshmallows
1 c. cola	2 eggs
2 Tbsp. cocoa	

Mix together the flour and sugar. Bring margarine, cola and cocoa to a boil; pour over sugar and flour mixture. Mix in a bowl. Don't use mixer. Add buttermilk, soda, vanilla, marshmallows and eggs to above mixture. Pour in a 9 x 13-inch sheet

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COCA-COLA CAKE (Continued)

pan. Bake at 350° for 45 minutes. Makes 15 large squares or cut small.

Note: If you don't have buttermilk, use 1/2 cup milk and put 2 teaspoons lemon juice in it.

Icing:

1 stick butter	1 box 10x sugar
2 Tbsp. cocoa	1/2 c. chopped nuts (if
1 tsp. vanilla	desired)
1/2 c. Coca-Cola	

Mix butter, cocoa, vanilla and Coca-Cola; bring to a boil. Pour over 10x sugar. Dress up icing with nuts, if desired.

Mrs. Bill Peeler

COCONUT CREAM CAKE

Batter:

1 box cake mix (yellow or white)	1 tsp. coconut flavoring
	1 pkg. frozen coconut

Mix cake according to directions; add flavoring and coconut. Bake in a 9 x 13-inch pan at 350° for 30 minutes or until done. Remove from heat and pour over the following mixture (punch holes in cake with a fork):

1 small can evaporated milk	1 tsp. vanilla
1 tsp. coconut flavoring	1/2 c. powdered sugar

Add enough water to make 1 2/3 cups. When cake is cool, cover with 1 carton Cool Whip and then sprinkle 1 package frozen coconut over cake.

Refrigerate and cake becomes better as it stands.

Zula Marlin

CREAM CHEESE POUND CAKE

1 (8 oz.) pkg. cream cheese	2 tsp. rum
2 sticks margarine	3 c. sugar
1 stick butter	6 eggs
	3 c. sifted flour

Cream the first 3 ingredients well; add eggs, one at a time. Mix all together well. Start in cold oven. Bake for 1 hour and 45 minutes to 2 hours at 275°. Use a tube baking pan.

Mildred M. McDaniel

CRANBERRY TORTE

1/2 lb. or 3 c. graham cracker crumbs	1 c. raw cranberries, ground*
1/2 c. butter	1 small can crushed pineapple
2 c. confectioners sugar	1 c. sugar
1 egg	1 tsp. vanilla
1 medium apple, ground*	2 c. (1 pkg.) Dream Whip

Reserve 1/2 cup of the crumbs. Line bottom of a 12 x 7-inch pan with remaining crumbs. Cream butter; add confectioners sugar and continue beating until fluffy. Add unbeaten egg and beat well. Spread this mixture over the crumbs in the pan. Combine apple, cranberries, pineapple and granulated sugar. Spread this mixture over the butter mixture.

Whip the Dream Whip; add vanilla. Spread over the first layer. Top with the reserved crumbs. Chill several hours. Serves 12 very generously.

*May chop in blender or food processor.

Mrs. Paul McCubbins

DANISH APPLE CAKE

1 box Zwieback, crushed into crumbs	1/3 c. sugar
1 stick margarine	1 can applesauce
	whipping cream

Melt butter; add Zwieback and sugar. Mix together. Alternate one layer of crumbs mixture on plate with one layer of applesauce. End with crumb mixture. Refrigerate for 3 hours. Top each serving with whipping cream.

Sonja Kinard

DEVIL'S FOOD CAKE

2 eggs, well beaten	1 c. buttermilk or
1 1/2 c. sifted flour	1/2 c. sour milk and
1 tsp. baking powder	1/2 c. boiling water
1/2 tsp. salt	2 sq. Baker's chocolate, melted (Hershey's)
4 Tbsp. butter	1 tsp. vanilla
1 tsp. soda	
1 c. sugar	

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DEVIL'S FOOD CAKE (Continued)

Sift flour once; measure. Add baking powder and salt; sift together three times. Cream butter thoroughly; add sugar gradually. Cream together until light and fluffy. Add eggs, one at a time, and beat vigorously. Add flour alternately with milk; beat after each addition until smooth. Add chocolate and soda, mixing thoroughly. Add vanilla. Bake in two, greased, 9-inch layer pans. Bake at 350° for 25 minutes. Put together and cover top and sides with Seven Minute Frosting. Serves 16.

Note: If sour milk and hot water are used, add water to chocolate, mixing quickly; then add soda and stir until thick.

Seven Minute Frosting:

2 egg whites	1/4 tsp. cream of tartar
1 1/2 c. sugar	1 1/2 tsp. white corn syrup
5 Tbsp. cold water	1 tsp. vanilla

Put egg whites, sugar, water, cream of tartar and corn syrup in upper part of double boiler. Beat until thoroughly mixed. Place over rapidly boiling water. Beat constantly and cook 7 minutes or until frosting stands in peaks. Remove from stove. Add vanilla and beat until thick enough to spread.

Note: Double recipe to make three 10-inch layers.

Ruth L. Brown

EASY CARROT CAKE (Baby Food)

4 eggs	1 1/4 tsp. cinnamon
2 c. flour	1 1/4 c. salad oil
2 c. sugar	2 (7 oz.) jars carrot
2 tsp. soda	junior baby food
1 tsp. salt	

Place all ingredients in bowl; beat until well combined. Pour into greased, 9 x 13-inch pan. Bake in preheated 350° oven for 25 minutes. Cool; remove from pan.

Frosting:

1 (3 oz.) pkg. cream cheese, softened	1/4 c. margarine, softened
	2 c. powdered sugar

EASY CARROT CAKE (Continued)

1/2 c. chopped nuts 2 tsp. vanilla

Place all ingredients in bowl and mix well.
Spread on cake.

Carrie S. Beard

ELEGANT FROSTING

1 1/4 c. sugar	5 sq. Baker's unsweetened
1 c. evaporated milk	chocolate
or heavy cream	1/2 c. butter
	1 tsp. vanilla

Combine sugar and milk in heavy saucepan; bring to a boil, stirring constantly. Reduce heat; simmer 6 minutes without stirring. Remove from heat. Add chocolate; stir to blend. Stir in butter and vanilla.

Chill until mixture begins to thicken. Beat until thick and creamy. Makes enough to fill and frost a 9-inch layer cake.

Lottie Plyler

EASY COCONUT CAKE

Prepare a Duncan Hines butter cake mix as directed. Split the layers.

Filling:

2 small or 1 large	2 c. sugar
pkg. frozen coconut	1 (9 oz.) carton frozen
2 cartons sour cream	whipped topping

Mix coconut, sour cream and sugar; spread between layers. Frost entire cake with Cool Whip. Refrigerate at least 3 days before cutting.

Janie Allen

FIVE-FLAVOR POUND CAKE

1 c. milk	1 tsp. baking powder
2 sticks butter	1 tsp. rum flavoring
1/2 c. Crisco	1 tsp. coconut flavoring
3 c. sugar	1 tsp. butter flavoring
3 c. all-purpose flour	1 tsp. lemon flavoring
1/2 tsp. baking powder	1 tsp. vanilla flavoring
5 eggs	

Cream sugar, butter and shortening to light and fluffy. Add beaten eggs, one at a time. Combine flour and baking powder; add to creamed mixture with milk and flavorings. Use a 10-inch, greased and floured pan (or Pam). Bake at 350° for about 1 hour. Pour glaze over cake while hot.

Glaze:

1 c. sugar	1 tsp. butter flavoring
1/2 c. water	1 tsp. lemon flavoring
1 tsp. rum flavoring	1 tsp. vanilla flavoring
1 tsp. coconut flavoring	1 tsp. almond flavoring

Combine in saucepan. Bring to a boil for 5 minutes.

Helen Goodnight

FRESH APPLE CAKE

1 1/3 c. cooking oil	2 tsp. baking powder
2 c. sugar	1 tsp. vanilla
2 eggs	3 c. chopped, raw apples
2 1/2 c. cake flour	1 c. chopped nuts
1 tsp. soda	spices*
1 tsp. salt	

Mix all ingredients well and pour in a greased loaf pan. Bake 1 hour at 300° or until done.

*One teaspoon cinnamon, cloves and allspice may be added.

Lottie Plyler

FRESH APPLE WALNUT CAKE

1 c. butter or margarine	1 tsp. cinnamon
3 eggs	1/4 tsp. mace (only 1/4)
2 c. sugar	1/2 tsp. salt
3 c. sifted flour (all purpose)	3 c. chopped apples
1 1/2 tsp. baking soda	2 c. chopped walnuts
	vanilla to taste

Preheat oven at 350°. Baking time will be 1 1/2 hours. Use a 10-inch pan.

Cream butter and sugar until fluffy. Add eggs, one at a time, beating well after each addition. Mix and sift flour, baking soda, salt, cinnamon and mace. Add gradually. Stir in vanilla, apples and walnuts. Batter will be stiff.

Spoon into a greased and floured pan. Bake and then let cool. Cool in the pan for 10 minutes. Remove to rack. Serves 18-20 people.

Hint: Courtland, McIntosh, Stayman, York Imperial and Golden Delicious are apples performing well. This is a big cake and needs a 10-inch tube pan. Will keep moist and fragrant for many days.

During baking, a macaroon-type crust forms on the top and it needs no icing. Store in a tin with airtight-fitting lid and keep in a cool place (if you don't plan to serve it right away). For a special occasion, it may be soaked with apple brandy or wine.

Eva Nicholas Bernhardt

FRESH APPLE CAKE

2 c. sugar	2 tsp. baking powder
1 1/2 c. salad oil	1 tsp. baking soda
1 tsp. vanilla	1 tsp. salt
2 eggs	3 c. chopped, peeled apples
2 1/2 c. all-purpose flour	1 c. chopped pecans

In a large bowl, combine sugar, salad oil, vanilla and eggs; beat well. Sift together the flour, baking powder, baking soda and salt. Add to sugar mixture, blending well. Fold in apples and pecans.

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FRESH APPLE CAKE (Continued)

Pour batter into a greased and floured, 10-inch pan or a 13 x 9 x 2-inch pan. Bake for 1 hour at 350°. Let cool in pan for 5 minutes. Remove from pan and cool completely on wire rack. Serves 10.

Note: Can use glaze or frosting on cake.

Hope R. Uzzell

FUDGE CAKE

3/4 c. sugar	1/4 tsp. salt
2 c. flour	1 tsp. vanilla
1/2 c. shortening	3 Tbsp. cocoa
1 c. milk	2 Tbsp. vinegar
1 tsp. soda	

Cream sugar and shortening. Sift all dry ingredients; add to sugar and shortening with milk. Have a sheet pan, 10 x 12 inches, greased and ready. Add to mixture the vinegar and beat 1 minute or more. Bake at 350° for approximately 20 minutes.

Mrs. Carl Julian

COOKED FUDGE FROSTING

2 oz. chocolate, finely cut	1/3 c. water
2 c. sugar	2 tsp. vanilla
1/3 c. canned milk	1/2 tsp. salt
	1/2 c. Crisco

In a 2-quart saucepan, mix all ingredients, except vanilla. Bring to a rolling boil, stirring constantly. Boil hard for 2 minutes. Remove from fire. Put in pan of cold water or in the sink. Beat by hand with a wooden spoon until lukewarm. Add vanilla and keep beating until icing will stay on cake. If it gets too hard, add canned milk.

Mrs. Carl Julian

"GAY NINETIES" CHOCOLATE CAKE

4 sq. Baker's unsweet- ened chocolate	2 c. sifted all-purpose flour
4 Tbsp. butter	1 tsp. salt
	2 c. sugar

"GAY NINETIES" CHOCOLATE CAKE (Continued)

1 egg, unbeaten	1 tsp. vanilla
1 3/4 c. milk	1 tsp. soda

Melt chocolate and butter in small bowl. Pour into mixing bowl to cool. Sift flour once; measure into sifter and add salt. Add sugar to cooled chocolate and mix well. Add egg and 1 cup of milk; blend.

Sift in the flour mixture; mix until all flour is dampened, then beat 1 minute. Add vanilla and 1/2 cup more milk; blend.

Dissolve soda in remaining 1/4 cup milk and mix quickly into batter. Pour batter into two, round, 9-inch layer pans, 1 1/2 inches deep and paper lined. Bake in moderate oven (350°) for 40 minutes or until done.

Lottie Plyler

GERMAN CHOCOLATE (Microwave Oven)

1 box Duncan Hines German chocolate cake mix with pudding	3 eggs 1 box coconut-pecan frost- ing mix (Betty Crocker)
1 (8 oz.) carton sour cream	1/3 c. milk
1 c. water	1/4 c. margarine (Mrs. Filbert's)

Mix cake mix, cream, water and eggs. Grease pan with Crisco. Place milk and margarine in glass measuring mixing bowl and place in oven for 1 minute on high. Stir in dry frosting; mix well. Pour cake batter in greased pan; spoon frosting around cake in middle of circle. Place in oven to cook for 10 minutes on simmer and 6 minutes on high. Let stand 15 minutes. Turn on plate. Use microwave oven Bundt cake pan.

Oneda Plyler

GOOEY CAKE

1 box yellow cake mix	1 egg
1 stick melted butter (real)	

GOOEY CAKE (Continued)

Mix together. This will be dough-like. Press in bottom of well-greased and floured, 9 x 13-inch pan.

Topping:

- | | |
|---|--------------------------------|
| 1 (8 oz.) pkg. cream
cheese (at room
temperature) | 2 eggs
1 lb. powdered sugar |
|---|--------------------------------|

Mix together. Pour over cake mix and bake 35 to 40 minutes at 350°. Cool. Cut into squares.

Jean Rufty

GRANDMOTHER'S POUND CAKE

- | | |
|---|---|
| 2 sticks pure butter
(at room temperature) | 3 c. Red Band flour (plain) |
| 1 stick margarine (at
room temperature) | 1 c. milk (at room
temperature) |
| 3 c. sugar | 1/2 tsp. baking powder |
| 5 eggs (at room
temperature) | 1 tsp. vanilla flavoring
1 tsp. almond flavoring |

Cream butter, margarine and sugar; add eggs, one at a time, beating thoroughly after each. Add flour and milk alternately, having added baking powder to last half of flour. Add flavorings. Pour into a round tube pan, greased and floured. Put in cold oven and bake at 350° for 1 hour and 15 minutes.

Note: Do not open oven door until time is up or at least for 1 hour.

Mrs. Pat Epting

GRANDMA'S CAKE

- | | |
|----------------|----------------------------|
| 1/2 lb. butter | 2 1/4 c. flour |
| 2 c. sugar | 1/2 tsp. baking powder |
| 6 eggs | 1 1/2 tsp. lemon flavoring |

Cream sugar and butter well in electric mixer. Add eggs, one at a time, and beat well. Sift flour and baking powder together; add slowly to mixture. Add flavoring. Bake in a Bundt pan at 350° for about 60 minutes or until cake begins to recede from sides of pan.

GRANDMA'S CAKE (Continued)

While cake is hot, add Lemon Glaze.

Lemon Glaze:

grated rind of	juice of 1 lemon
1 large lemon	powdered sugar

Beat in enough powdered sugar to make a paste. Spread evenly over hot cake and cool.

Addie Ketner

ICING FOR QUICK CHOCOLATE FUDGE CAKE

1 stick margarine	1 box powdered sugar
3-4 Tbsp. cocoa	1 tsp. vanilla
6-8 Tbsp. milk	1 c. nuts

Bring margarine, milk and cocoa to a boil and pour over sifted powdered sugar. Mix well. Add vanilla and nuts. Pour over hot cake. (See index for page number of cake recipe.)

Karen L. Rogers

IRISH APPLE CAKE

1 c. vegetable oil	2 tsp. baking powder
2 c. sugar	1 tsp. cinnamon
2 eggs	4 c. peeled, diced apples
1 tsp. vanilla	1 c. nuts, chopped
2 1/2 c. all-purpose flour	1 (12 oz.) pkg. butter-scotch chips
1 tsp. salt	

Cream oil, sugar, eggs and vanilla. Combine flour, salt, baking powder and cinnamon. Add to creamed mixture; mix well. Add apples; fold in nuts. Pour into a greased and floured, 13 x 9-inch pan. Sprinkle butterscotch chips evenly over top; do not mix. Bake at 350° for 50-60 minutes.

Helen Lentz

ICE CREAM CAKE

1/2 gal. rainbow
sherbet

1/2 gal. neapolitan ice
cream

Using a buttered, tube cake pan, spoon sherbet and ice cream alternately into pan, pressing down. Place in freezer until hard. Several hours before serving, remove from pan onto cake plate by dipping in hot water and turning onto plate. Return to freezer until ready to serve.

Araminta E. Harris

INSTANT PRUNE CAKE

2 c. self-rising flour
2 c. sugar
1 tsp. cinnamon
1 tsp. allspice
1 tsp. nutmeg

1 c. salad oil
3 eggs
1 jar junior baby food
(prunes)
1 c. chopped nuts

Combine all ingredients and beat just until blended. Bake in greased tube pan at 350° for 1 hour.

Laura Bolton

ITALIAN CREAM CAKE

1 stick butter
1/2 c. Crisco
2 c. sugar
5 egg yolks
2 c. self-rising flour

1 c. buttermilk
1 Tbsp. vanilla
1 can Baker's coconut
1 c. chopped pecans
5 egg whites, beaten

Cream the butter, Crisco and sugar; add yolks and vanilla. Then add flour and buttermilk alternately. Add coconut and nuts; stir in. By hand, gently fold in beaten egg whites.

Pour mixture into four, well-greased and floured cake layer pans. Bake at 350° until cake is pulled away from sides of pans. Cool.

Icing:

1 large pkg. cream
cheese

1 stick butter
1 box confectioners
powdered sugar

ITALIAN CREAM CAKE (Continued)

1 Tbsp. vanilla
1 c. chopped nuts

enough cold milk to spread

Soften the cream cheese and beat all ingredients together. Icing will be very thick. Add enough cold milk to spread easily. Cake must be refrigerated.

Eleanor Sifford

Mrs. Glenna Harkey

Mrs. Alma Sigmon

LIGHT FRUIT CAKE (8 Pounds)

1/2 lb. citron	1/4 lb. candied pineapple
1/4 lb. orange peel	4 c. flour
1/2 lb. candied cherries	3/4 c. grape juice or apple
1 (No. 2) can crushed pineapple	brandy
1 (1 lb.) box raisins	2 c. sugar
1 (1 lb.) pkg. dates	1/2 tsp. soda
1 lb. pecans	2 tsp. nutmeg
3/4 lb. butter	2 tsp. cinnamon
10 eggs	2 tsp. ginger
	2 tsp. allspice

Melt the butter. Cream butter and sugar together; add beaten eggs, a little at a time, until all is well blended.

Previously have all fruit, nuts and 1/2 the grape juice mixed together. Add this alternately with flour. Add spices, previously mixed together. Add remainder of grape juice.

Pour in well-greased pan with two layers of brown paper, which has also been well-greased, in the bottom. Start cooking at 250° and continue cooking from 3 1/2-4 1/2 hours. The cake is done when well browned on top and the edges of cake leave the sides of the pan.

Place a small pan of water in oven while cake is baking to brown evenly on top.

Nancy Withers

JAM CUPCAKES

1 c. cake flour*	1/4 c. butter or margarine
1/2 tsp. baking soda	1/4 c. sugar
1/4 tsp. salt	1 large egg
1/4 tsp. cinnamon	1/4 c. buttermilk
1/4 tsp. nutmeg	1/2 c. apricot preserves

Put a fluted paper baking cup in each of 14 (each 1/3 cup size) muffin pan cups.

Stir together the flour, baking soda, salt, cinnamon and nutmeg. Cream butter and sugar; beat in egg. Stir in flour mixture and buttermilk just until the dry ingredients are moistened. Stir in apricot preserves.

Spoon into baking cups in muffin pans (each will be about 1/2 full). Bake in a preheated 375° oven until a cake tester inserted in center comes out clean, about 15 minutes. Be sure to use well-fitting cups in muffin pans.

*Stir to aerate flour before measuring.

Lottie Plyler

JAM CAKE

1 c. butter or margarine	1 1/2 tsp. cloves
1/4 tsp. salt	1 1/2 tsp. cinnamon
2 c. sugar	1 1/2 tsp. allspice
6 eggs (reserve 1 white for filling)	2 tsp. soda, dissolved in 1 c. buttermilk
3 1/2 c. plain flour	2 c. blackberry or other jam
	1 pkg. raisins or currants

Cream butter, salt and sugar; add eggs, one at a time. Stir soda in buttermilk and add small amounts alternately with flour and spices. (Sift flour with spices first.) Add jam and raisins. Bake in thin layers for 15 minutes at 350°. Cool.

Filling (Use between layers, on top and around):

2 c. sugar	1 c. sweet milk
1 c. butter	1 beaten egg white

Boil sugar, butter and milk until thick (when

JAM CAKE (Continued)

small amount is cooled in a spoon) and stir into beaten egg white. Stir and beat until thick. Add nut meats between layers, if desired.

Annie K. Rufty

JAPANESE CAKE

6 eggs	1 c. raisins
3 c. flour	1 tsp. cloves
2 c. sugar	1 tsp. allspice
1/2 c. butter	1 tsp. cinnamon
1 heaping tsp. baking powder*	1 tsp. cocoa

*If you use self-rising flour, omit the baking powder.

Mix the first 5 ingredients well. Take 1/2 the batter and bake in layers. Take the other 1/2 and add remaining ingredients. Bake in layers. Bake at 350°-375° in 8 or 9-inch layer cake pans. This will make a large 4 or 5 layer cake, according to size of cake pans.

Filling:

1 grated coconut	1 grated lemon
1 c. sugar	1 c. boiling water
1 tsp. (rounded) flour	

Mix and cool several minutes. Spread between layers, adding raisins. If cake is not moist when finished, add milk of coconut, spreading around sparingly. Keep refrigerated or coconut may spoil.

Patsy B. Honeycutt

LEMON-BUTTERMILK POUND CAKE

1 c. Crisco	1/2 tsp. salt
1 stick margarine	1 c. buttermilk
2 1/2 c. sugar	1 Tbsp. lemon extract
4 eggs	1/2 tsp. soda, dissolved in
3 1/2 c. flour	1 Tbsp. hot water

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LEMON-BUTTERMILK POUND CAKE (Continued)

Cream shortenings and sugar together; add eggs, one at a time. Add flour, salt and buttermilk. Add lemon extract and soda and water mixture. Bake in a preheated oven at 350° for 1 hour and 15 minutes. (Use a tube pan.)

Lemon Sauce:

1 c. sugar	juice of 2 lemons
1/2 c. hot water	

Simmer 15 minutes; pour over hot cake.

Sonja Kinard

LEMON SUPREME CAKE

1 box Duncan Hines Lemon Supreme cake mix.	1 c. and 2 Tbsp. water
4 eggs	1 small box instant lemon pudding
	1 stick melted butter

Mix all above together in mixer. Bake in a 9 x 13-inch pan at 350° for 30 minutes. Remove from oven and cut into squares. Pour topping over and return to oven for 5 minutes.

Topping:

1 (6 oz.) can frozen lemonade, thawed	1 (1 lb.) box 10x sugar
--	-------------------------

Mix together and pour over hot cake.

Velma Isenhour

LOW CALORIE APPLE CAKE

1 1/2 c. cooking oil	1 tsp. soda
2 c. sugar	1 tsp. cinnamon
3 eggs, slightly beaten	1 tsp. vanilla
1 tsp. salt	3 c. chopped, raw apples

Combine all ingredients (apples last). Put in greased and floured pan. Bake at 325° for 1 hour and

15 minutes. If using two, small pans, bake 1 hour.

Icing (optional):

1 box xxx sugar 1 tsp. vanilla
1 (8 oz.) pkg. cream cheese

Virginia Beaver

DELICIOUS PARTY MINIATURE FRUIT CAKES

1/2 c. bourbon or rum	1/2 c. brown sugar
3 c. white raisins	3/4 c. white sugar
3 c. pecans	1 tsp. soda
1 lb. cherries	1 tsp. cinnamon
1 lb. pineapple	1 tsp. nutmeg
2 eggs	1 1/2 c. flour
1 stick butter	

Chop nuts and fruits small. Add all into bowl and mix with hands thoroughly. Using small cupcake pans with liners, fill full and bake at 325° for 12 minutes. Makes 5 dozen Miniature Fruit Cakes.

Mrs. Carl Julian

MINT SURPRISE

15 saltines, crushed	1 c. chopped pecans
1 c. sugar	1 tsp. vanilla
3 egg whites, beaten	

Beat egg whites until soft peaks form; add sugar and continue to beat. Then add rest of ingredients. Put into paper cups in muffin tins. Bake at 350° for 20 minutes. Let cool.

2 sticks butter	4 eggs
2 c. powdered sugar, sifted	1 drops essence of pepper- mint or 2 caps pepper- mint extract and
4 sq. Baker's bitter chocolate, melted and cooled	2 tsp. vanilla

Cream butter in mixer. Add sifted powdered

(Continued on Page 236)

MINT SURPRISE (Continued)

sugar and beat 2 minutes. Add chocolate and beat 3 minutes. Add eggs, one at a time, beating well after each. Add flavoring and beat 3 minutes. Fill cups with icing and freeze for 24 hours. Makes 25 cookies.

Frances Lynne Tatum

MISSISSIPPI MUD CAKE

2 sticks oleo	1 tsp. vanilla
2 c. sugar	1/2 c. cocoa
4 eggs	1/4 tsp. salt
1 1/2 c. flour	1 c. nuts

Cream oleo and sugar; add 1 egg at a time and beat. Add flour, cocoa and vanilla, then nuts. Bake 35 minutes in greased and floured pan. While cake is hot, sprinkle one 10-ounce package miniature marshmallows over top and melt.

Frosting:

1 stick oleo	1 tsp. vanilla
1 box xxxx sugar	pinch salt

Mix and add over marshmallows (some will show through).

Mrs. Carl Julian
Mrs. Edna Pinkston

MISSISSIPPI MUD CAKE

2 c. sugar	1 1/2 c. plain flour
1/3 c. cocoa	1 1/3 c. coconut
3 sticks margarine	1 1/2 c. pecans
4 eggs	1 (9 oz.) jar marshmallow
1 tsp. vanilla	cream

Cream sugar, cocoa and margarine; add eggs and vanilla. Mix well. Add flour, coconut and pecans. Spread in a 9 x 13-inch pan and bake at 350° for 40 minutes. When done, spread marshmallow cream on hot cake. Frost. Serves 15.

MISSISSIPPI MUD CAKE (Continued)

Frosting:

1 box powdered sugar	1 stick margarine
1 tsp. vanilla	1/2 c. canned milk
1/3 c. cocoa	

Melt margarine and cocoa together, then add remaining ingredients. Spread frosting over marshmallow cream while cake is hot.

Marian P. Rollans

MRS. OLA WRIGHT'S SOUR CREAM POUND CAKE

1 c. Crisco	3 c. flour
2 1/2 c. sugar	1/4 tsp. baking soda
1 carton sour cream	1 tsp. vanilla extract
6 eggs	1 tsp. lemon extract

Preheat oven to 350°. Baking time is 1 hour. Beat Crisco and sugar together; add sour cream. Sift flour seven times. After sixth sifting, add soda. Add flour and eggs alternately to mixed Crisco, sugar and sour cream. Add vanilla and lemon extracts.

Glaze:

1/4 stick melted margarine	1/2 Tbsp. milk
1/2 box confectioners sugar	1/2 tsp. vanilla extract
	1/2 tsp. lemon extract

Mrs. Archibald Rufty

NEVER-FAIL CARAMEL FROSTING

3/4 c. butter or margarine	1/2 c. cream
1 box brown sugar	1 tsp. vanilla
	3/4 tsp. baking powder

Put in saucepan: Butter, sugar and milk. Bring to a boil and cook exactly 2 minutes. Remove from heat. Add baking powder and vanilla; beat to mix. Beat several minutes to cool. Spread on cake.

Araminta E. Harris

NEVER-FAIL POUND CAKE

3 c. sugar	1/2 tsp. salt
3 sticks margarine, softened	1/2 tsp. baking powder
5 eggs	2 Tbsp. lemon flavoring
3 c. plain flour (Red Band)	3/4 c. Pet milk
	1/4 c. milk

Cream sugar and margarine until smooth; beat in eggs. Sift dry ingredients together. Gradually add to eggs, sugar and margarine mixture. Add milk and flavoring. Bake 1 1/2 hours at 300°.

Mamie Sheets, Mother of
Sonny Allen

OOEY-GOOEY BUTTER CAKE

1 box yellow cake mix	2 eggs, beaten
1 egg	1 (8 oz.) pkg. cream cheese
1 stick melted margarine	1 box powdered sugar

Mix cake mix, 1 egg and melted margarine; pat into a 9 x 13-inch pan. Mix the next 3 ingredients together. Pour over first layer. Bake at 350° for 35-45 minutes.

Frances Lynne Tatum

OATMEAL CAKE

1/2 c. shortening	1 1/3 c. flour
1 c. light brown sugar	1 tsp. soda
1 c. white sugar	1/2 tsp. salt
2 eggs	1/2 tsp. cinnamon
1 c. quick oats	1/2 tsp. nutmeg
1 1/4 c. boiling water	1 tsp. vanilla

Soak quick oats in boiling water and let cool. Cream shortening, brown sugar and white sugar; add eggs and vanilla to creamed mixture. Sift flour, soda, cinnamon, salt and nutmeg together. Alternate the adding of oats mixture and flour mixture to creamed shortening and sugar. Bake in an 11 x 13-inch, greased pan or two, 8-inch, greased cake pans. Bake at 350° for 25 minutes.

OATMEAL CAKE (Continued)

Topping:

1 stick margarine	1 c. chopped nuts
1 c. brown sugar	2 egg yolks
1 1/4 c. coconut	

Cream margarine and brown sugar; add egg yolks. Later add coconut and nuts. Spread over cake and return to oven and broil until light brown on top.

Lottie Plyler

OLD SALEM FUDGE CAKE

2 c. plain flour	1 stick margarine
2 c. sugar	1 tsp. soda, dissolved in
4 Tbsp. cocoa	1/2 c. buttermilk
1 c. water	2 eggs
1 c. oil	dash salt

Mix flour, sugar and cocoa. Boil water, oil and margarine for 1 minute. Pour over flour mixture and stir. Add buttermilk and soda. Beat in eggs and salt. Bake at 350° for 30 minutes. Use an 11 x 14-inch pan, greased and floured.

Icing:

4 Tbsp. milk	4 Tbsp. cocoa
1 stick butter or margarine	1 tsp. vanilla
	1 box 10x sugar

Bring milk, butter or margarine, cocoa and vanilla to a boil. Pour over 10x sugar. Pour over cake at once. Do not cover until cool.

Nancy G. Bowden

ORANGE-PINEAPPLE CAKE

1 box Duncan Hines butter cake mix	4 large eggs
1 (11 oz.) can Mandarin oranges	1/4 c. oil (Wesson)

(Continued on Page 240)

ORANGE-PINEAPPLE CAKE (Continued)

Mix together and beat until oranges are broken up. Bake at 350° in 3 regular layer cake pans for 15 minutes.

Icing:

1 large carton Cool Whip	1 pkg. instant vanilla pudding
1 medium can crushed pineapple	

Mix pudding and pineapple; fold in Cool Whip. Ice all three layers when cake is cool. Serves 12.

Mrs. John (Hilda) Wagner

ORANGE DATE NUT CAKE

1/2 c. butter	2 c. flour
1 c. sugar	1/4 tsp. salt
2 eggs	2 tsp. grated orange rind
2/3 c. buttermilk	1 c. chopped dates
1 tsp. soda	1 c. chopped pecans

Cream butter, sugar and eggs; add dry ingredients alternately with milk. Fold in dates, nuts and orange rind. Bake in loaf pan in a 350° oven for 1 hour.

Glaze:

1/2 c. orange juice	1 c. sugar
2 tsp. grated orange peel	

Mix all ingredients and bring to a boil. Pour over cake while hot.

Helen Goodnight

PECAN CAKE

1 lb. butter	8 oz. candied cherries, chopped
1 lb. brown sugar	8 oz. candied pineapple, chopped
6 eggs, separated	2 c. pecans, chopped
4 c. flour	
1 tsp. baking powder	
1 1/2 oz. lemon extract	

PECAN CAKE (Continued)

Cream butter and sugar; add egg yolks. Add 2 cups flour alternately with lemon extract. Use remaining 2 cups flour to coat fruit and nuts. Add to mixture. Fold in egg whites, beaten stiff.

Pour into greased and floured tube cake pan (line bottom of pan with waxed paper). Let stand overnight covered with a cloth. Bake at 250° for about 3 1/2 hours.

Dottie Cobb

PERSIMMON FRUIT CAKE

1 1/2 c. persimmon pulp	1 c. raisins
2 c. brown sugar	1 c. oleo (2 sticks)
1 c. milk	2 tsp. cinnamon
3 eggs	1 lb. mixed fruit
2 c. self-rising flour	1 c. nuts

Mix all ingredients well. Pour into three, 9-inch layer cake pans that have been greased and well floured. Bake at 350° until they test done. Cool. Then put layers together with boiled icing or 4x sugar icing.

Note: I really like a brown sugar icing best.

Mrs. Carl Julian

PIG PICKING CAKE

1 box Duncan Hines butter cake mix	4 eggs
1 (11 oz.) can Mandarin oranges and juice	1/4 c. vegetable oil
	1/4 c. sugar
	1 tsp. vanilla

Add cake mix to mixing bowl; add eggs, one at a time, beating well after each. Add Mandarin oranges and juice; beat. Add oil, sugar and vanilla. Mix all at medium speed. Bake in three, 9-inch layer pans for 25-30 minutes in a 325° oven. Test cake layers with a straw for doneness. Serves 12 or more.

(Continued on Page 242)

PIG PICKING CAKE (Continued)

Frosting:

1 (9 oz.) carton Cool Whip	1 tsp. vanilla
1/4 c. sugar	1 large (20 oz.) can crushed pineapple
1 (3 oz.) pkg. instant vanilla pudding	

Soften Cool Whip; add remaining ingredients. Frost between layers and on sides or just between layers and on top.

Mrs. K. V. Epting, Sr.

POPPY SEED CAKE

1 pkg. yellow cake mix	1 pkg. instant toasted
1/4 c. poppy seed	coconut pudding mix
4 eggs	1/2 c. cooking oil
1 c. hot water	

Mix dry ingredients; add other ingredients. Bake in two loaf pans at 350° for approximately 40 minutes or until done. Good for breakfast. Freezes well.

Anne Reisner

POUND CAKE

2 c. sugar	2 c. flour
2 sticks margarine	1 tsp. lemon flavoring
1/3 c. Crisco	1 tsp. vanilla flavoring
6 eggs	1 tsp. butternut flavoring

Cream together the sugar, margarine and Crisco; beat 15 minutes at medium speed. Add eggs, one at a time, and beat well. Add flour slowly, then add flavorings. Beat 3 minutes longer. Bake 1 hour at 325°.

Glaze:

1 c. 10x sugar	1/3 stick margarine
3 Tbsp. canned milk	

POUND CAKE (Continued)

Boil 5 minutes and pour over hot cake slowly.
Cover to cool!

Edna Pinkston

PRALINE CHEESE CAKE

- | | |
|-----------------------------|--|
| 1 c. graham cracker crumbs | 1 1/4 c. dark brown sugar |
| 3 Tbsp. sugar | 2 Tbsp. flour |
| 3 Tbsp. melted margarine | 3 eggs |
| 3 (8 oz.) pkg. cream cheese | 1 1/2 tsp. vanilla |
| | 1/2 c. finely-chopped pecans |
| | pecan halves and maple syrup for topping |

Heat oven to 350°. Combine crumbs, sugar and margarine. Press into bottom of a 9-inch, spring-form pan. Bake at 350° for 10 minutes. Remove from oven.

Combine softened cream cheese, sugar and flour, mixing at medium speed until well blended. Add eggs, one at a time, mixing well after each addition. Blend in vanilla and nuts. Pour over crumb mixture.

Bake at 350° for 55 minutes. Remove from oven. Loosen cake from rim of pan. Cool before removing rim of pan. Chill.

Brush on maple syrup and garnish with pecan halves.

Eleanor Sifford

QUICK CHOCOLATE FUDGE CAKE

- | | |
|--------------------|-------------------|
| 2 c. flour | 1/2 c. buttermilk |
| 2 c. sugar | 1 tsp. soda |
| 2 sticks margarine | 2 eggs, beaten |
| 1 c. water | 1 tsp. vanilla |
| 3-4 Tbsp. cocoa | |

Sift flour and sugar together; set aside. Put margarine, water and cocoa in saucepan; bring to a boil. Pour over sugar and flour. Mix well. Add remaining ingredients, beating until smooth. This

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QUICK CHOCOLATE FUDGE CAKE (Continued)

mixture will be very thin. Pour into greased and floured sheet pan and bake at 350° until done.

Note: Icing recipe is on page 229.

Karen L. Rogers

QUICKIE CHOCOLATE LAYER CAKE

2 c. unsifted all-purpose flour	1/2 tsp. salt
1 c. sugar	1 tsp. baking soda
4 Tbsp. dry, unsweetened cocoa	1 c. mayonnaise
	2 tsp. vanilla extract
	1 c. water

On large sheet of waxed paper, combine flour, sugar, cocoa, salt and soda. Sift together into large bowl. In separate bowl, blend mayonnaise, vanilla and water; whip together thoroughly with rotary beater, wire whisk or spoon. Add to dry ingredients and blend.

Pour batter into two, 9-inch layer cake pans and bake in preheated 350° oven for 25-30 minutes. Ice with favorite frosting. Makes two 9-inch layers.
Merrea Weinhold

REESE CUPCAKE

2 sticks butter, melted	1 tsp. vanilla
2 beaten eggs	2 c. sugar
1/4 c. cocoa	2 c. flour
1 c. hot water	1 tsp. baking powder
1/2 c. buttermilk	

In saucepan, melt butter on low heat; cool. Add eggs, cocoa, hot water and buttermilk. Cook over medium heat until dribbly, stirring constantly. Add vanilla. In mixing bowl, mix sugar, flour and baking powder. Add cooked mixture to dry ingredients and mix well. Bake in a 9 x 13-inch pan at 350° for 25 minutes.

Topping:

1 1/2 c. peanut butter	1 1/2 Tbsp. oil
------------------------	-----------------

REESE CUPCAKE (Continued)

Mix peanut butter and oil; put on hot over hot cake.

Frosting:

1 stick melted butter	1 tsp. vanilla
1/4 c. cocoa	1 box 10x sugar
6 Tbsp. buttermilk	

Mix frosting and pour over cooled cake.

Velma Isenhour

RED VELVET CAKE

1/2 c. Crisco	1/2 tsp. salt
1 1/2 c. sugar	2 1/4 c. flour
2 eggs	1 c. buttermilk
2 oz. red food coloring	1 tsp. vanilla
1 tsp. cocoa	1 tsp. soda
	1 Tbsp. vinegar

Beat the first 3 ingredients for about 1 minute. Mix cocoa with about 1/2 ounce coloring and add with remaining coloring to creamed mixture. Mix together the salt and flour. Add to above mixture alternating with buttermilk. Add vanilla. Sprinkle soda on top of batter and sprinkle vinegar on top of soda. Mix. Bake at 350° for about 30-35 minutes. Do not overbake.

Icing:

1 (8 oz.) pkg. cream cheese	2 tsp. vanilla
1 box powdered sugar	1 Tbsp. cream
2/3 stick margarine	1 c. nuts (optional)

Margaret R. Buie

SCOTCH CHOCOLATE CAKE

2 c. flour	2 sticks oleo
2 c. sugar	4 heaping Tbsp. cocoa

(Continued on Page 246)

SCOTCH CHOCOLATE CAKE (Continued)

1 c. water	1 tsp. soda
1/2 c. buttermilk	2 eggs
	1 tsp. vanilla

Combine flour and sugar in bowl. Put oleo, cocoa and water in a saucepan; bring to a quick boil. Pour over sugar and flour; mix well. Add eggs and vanilla last. Put buttermilk and soda in after flour and sugar. Put in sheet pan and bake at 400° for approximately 40 minutes.

Icing:

1 stick oleo	4 Tbsp. cocoa (heaping)
1 tsp. vanilla	1 box powdered sugar
6 Tbsp. milk	

Heat oleo, cocoa and milk. Add vanilla and powdered sugar; mix. Pour over cake at once.

Mrs. Carl Julian

S E C R E T CAKE

2 c. plain flour	1/2 c. buttermilk
2 c. sugar	2 unbeaten eggs
1 stick butter or oleo	1/2 tsp. salt
1/2 c. Crisco	1 tsp. vanilla
1 c. water	1 tsp. soda
1 3/4 Tbsp. cocoa	

Preheat oven to 400°. Mix flour and sugar together. Put butter or oleo, Crisco, water and cocoa in a saucepan and let come to a boil. Pour over sugar and flour; mix well. Add remaining ingredients and mix well. Pour into an 11 x 16-inch pan, 1 inch deep. Bake at 400° for 20 minutes. While cake is baking, prepare frosting.

Frosting:

1 stick butter	1 c. chopped pecans
3 1/2 Tbsp. cocoa	1 tsp. vanilla
1/3 c. buttermilk	1 box 10x sugar

S E C R E T CAKE (Continued)

In same saucepan, bring to a boil the butter, cocoa and buttermilk. Remove from heat and add remaining ingredients. Pour on cake while hot.

Dellene Markey

7-LAYER COOKIE CAKE

- | | |
|--|----------------------------------|
| 1 stick butter | 1 pkg. Nestle butterscotch chips |
| 1 c. graham cracker crumbs | 1 c. chopped nuts |
| 1 pkg. Nestle semi-sweet chocolate chips | 1 c. flaked coconut |
| | 1 can sweetened condensed milk |

Melt butter over bottom of oblong cake pan then just add the remaining ingredients layer by layer and pour the sweetened condensed milk over it. Preheat oven to 350° and put in to bake for 25-30 minutes. Cut into squares while hot.

Mrs. Bill (Nell) Leonard

SOUR CREAM COFFEE CAKE (Serves 15-20)

- | | |
|----------------------------|---------------------------|
| 1 c. butter (no margarine) | 2 c. plain flour |
| 2 c. sugar | 1 tsp. baking powder |
| 2 eggs | 1/4 tsp. salt |
| 1 c. sour cream | 1 c. chopped pecans |
| 1 tsp. vanilla | 4 Tbsp. light brown sugar |
| | 1 tsp. cinnamon |

Cream butter and sugar well. Add eggs, one at a time, beating well after each addition. Fold in sour cream and vanilla. Add dry ingredients which have been sifted together. Pour half of this batter into greased and floured Bundt pan.

Mix together pecans, brown sugar and cinnamon. Sprinkle 3/4 of this mixture on batter; do not let nut mixture touch sides of pan. Top with rest of batter and sprinkle rest of nut mixture on top.

Bake at 350° for 45-60 minutes. Cool cake for 10 minutes before turning out of pan.

Velma Isenhour

STRAWBERRY PECAN CAKE

1 box white cake mix	4 eggs
1 (3 oz.) box straw- berry Jell-O	1 c. strawberries
2/3 c. salad oil	1/2 c. coconut
1/2 c. milk	1/2 c. chopped pecans

Mix cake, Jell-O, salad oil and milk; add eggs, one at a time. Beat after each addition. Stir in strawberries, coconut and pecans. Bake at 350° for 25-30 minutes in three layer pans.

Icing:

1 stick margarine	1/2 c. strawberries
1 box confectioners sugar	1/4 c. coconut
	1/4 c. pecans

Cream margarine and sugar; add strawberries, pecans and coconut. Mix and spread over the cake.

Mrs. Willie M. Glover

STRAWBERRY TORTE

2 1/2 c. flour, unsifted	8 oz. cream cheese
1/2 c. brown sugar	1 c. powdered sugar
2 sticks margarine, softened	2 boxes frozen strawberries
pinch salt	2 Tbsp. cornstarch
1 c. chopped nuts	1/2 c. sugar
2 pkg. Dream Whip	several drops red food color

Mix flour, sugar, margarine, salt and nuts; press into pan. Bake at 325° for 20 minutes in an 11 x 16-inch pan. Cool completely.

Prepare Dream Whip as directed on package. Add powdered sugar and softened cream cheese; spread on crust. Cook strawberries, cornstarch and sugar until clear. Add red color. Cool completely and spread on top of cheese filling. Serves 16-20.

Note: Freezes well. Any ready-made pie filling is good.

Mrs. E. C. (Margaret) Safrit

TUNNEL OF TOFFEE CAKE

- | | |
|---|--|
| 1 1/2 c. butter,
softened | 1 box Pillsbury Creamy
Caramel frosting mix |
| 6 eggs | 2 c. chopped walnuts or
pecans |
| 1 1/2 c. sugar | |
| 2 c. Pillsbury's Best all-purpose flour | |

Preheat oven to 350°. Generously grease bottom, sides and tube of a 12-cup Bundt, fluted tube pan or 10-inch tube (angel food) pan.

In large bowl, cream butter; add eggs, one at a time, beating well after each. Gradually add sugar, creaming until light and fluffy. By hand, stir in flour, dry frosting mix and walnuts until well blended.

Pour batter into prepared pan. Bake at 350° for 60-65 minutes. Cool 1 hour; remove from pan. Cool completely before glazing and serving. Makes 16-20 servings.

Glaze: Blend in small bowl until smooth the remaining frosting mix and 2 1/4 teaspoons water. If necessary, add a few drops of water to make a glaze consistency. Spoon over cool cake. Store cake under airtight cover.

Velma Isenhour

VELMA'S CHOCOLATE FUDGE CAKE

- | | |
|--|-----------------------|
| 1 c. sugar | 1 tsp. baking powder |
| 1 c. plain flour | 1 stick melted butter |
| 1 (1 lb.) can Hershey's
chocolate syrup | 1 tsp. vanilla |
| | 4 eggs |

Put all ingredients together in bowl and mix by hand. Pour into a 10 x 14-inch pan, greased and floured. Bake 25 minutes at 350°. While cake bakes, make topping.

Topping:

- | | |
|------------------------|------------------------------|
| 1 stick butter | 1 pkg. Nestle milk chocolate |
| 1 c. sugar | Toll House morsels |
| 1/3 c. evaporated milk | 1 c. broken nuts, toasted |

Bring butter, sugar and milk to a boil. Set off

(Continued on Page 250)

VELMA'S CHOCOLATE FUDGE CAKE (Continued)

burner and add chocolate morsels. Stir until morsels have dissolved. Add nuts.

Put on top of cake as soon as the cake comes out of the oven. This can be made and ready to serve in 30-35 minutes. It is especially good while hot.

VELMA'S HOLIDAY CAKE (Fruit Cake)

1 lb. butter	4 c. plain flour
1 lb. pecans, cut	6 eggs (whites and yolks beaten separately)
1 lb. light brown sugar	1 tsp. baking powder
1 lb. cherries, chopped	1 1/2 oz. lemon extract (1 medium bottle)
1 lb. pineapple, chopped	

Cream butter; add sugar and cream well. Beat in egg yolks. Add 2 cups flour, baking powder and lemon extract; stir into batter. Mix fruits and nuts together with 2 cups flour. Add above to fruit mixture. When well blended, fold in beaten egg whites.

Lightly grease and flour pan. Pour batter into pan and let stand overnight. Bake in slow oven (250°) for 3-3 1/2 hours or until done.

WALDORF ASTORIA RED CAKE

1/2 c. shortening	1 Tbsp. cocoa
1 1/2 c. sugar	1 tsp. soda
2 eggs	1 c. buttermilk
2 oz. red cake coloring	1 tsp. vanilla
2 c. flour	

Cream together shortening and sugar; add eggs and red cake coloring. Sift together the flour, cocoa and soda. Add to mixture, alternating with buttermilk. Add vanilla flavoring. Bake at 350° for 25-30 minutes in two, 9-inch pans, or for 20-25 minutes in two or three, 8-inch pans.

Frosting:

5 Tbsp. flour	1 c. milk
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WALDORF ASTORIA RED CAKE (Continued)

1 c. sugar	1 tsp. vanilla
2 sticks margarine	

Cook together the flour and milk until thick; then cool. Cream together the sugar and margarine. After cooked mixture is cool, combine together and add vanilla. Beat well and spread on layers.

Janis Hudson Smith

WATERGATE CAKE

3 1/2 oz. pistachio instant pudding	1/2 c. walnuts
1 box white cake mix	1 c. ginger ale
1 c. vegetable oil	3 eggs

Mix all ingredients together and bake at 350° for 30-40 minutes. It is not necessary to grease the pan.

Frosting:

1 large or 2 small containers frozen whipped topping	1 box instant pistachio pudding
	1 1/4 c. milk

Mix together.

Margie Hakos

WHITE FRUIT CAKE

1 c. sugar	1 small bottle lemon flavoring
3 c. flour	1/4 lb. citron
1 c. margarine	1 lb. pineapple
6 eggs	1 lb. cherries
1 tsp. baking powder	1 lb. pecans
1/2 c. flour (to flour fruit)	1/4 lb lemon peel
1 small bottle vanilla flavoring	1/4 lb. orange peel

Cream margarine and sugar; add eggs, one at a

(Continued on Page 252)

WHITE FRUIT CAKE (Continued)

time, then add flour and flavorings. Cut fruit and flour; add to mixture. Bake 2 hours and 45 minutes in a slow oven (250°). Bake in pan of water for 1 hour and 45 minutes. Leave in pan overnight.

Edna Pinkston

ZUCCHINI SQUASH CAKE

4 eggs	1 (8 1/4 oz.) can crushed
2 c. sugar	pineapple, drained well
1 c. vegetable oil	1 c. nuts, chopped
2 c. flour	2 tsp. vanilla
2 tsp. cinnamon	2 c. peeled, grated, raw
2 tsp. baking powder	zucchini, squeezed in
1 tsp. salt	paper towel to remove
1 tsp. soda	water

Combine eggs and sugar; beat until light in color. Blend in oil. Mix together dry ingredients. Add dry ingredients to egg mixture. Stir in the pineapple, nuts, vanilla and zucchini; mix thoroughly.

Pour batter into a well-greased and floured, 10-inch tube pan. Bake at 350° for 1 hour and 20 minutes. Cool cake.

1 c. powdered sugar	1 Tbsp. milk
---------------------	--------------

Blend sugar with milk; pour over cake or ice with cream cheese frosting.

Helen Lentz

SCRIPTURE CAKE

Although the origin of the Scripture Cake is unknown, the legend is that it was made by an angel who loved the Bible and delicious cake. Here is the old-fashioned recipe.

Genesis 18:8: "And he took butter, and milk and the calf which he had dressed, and set it before them."

Jeremiah 6:20: "To what purpose cometh there to me frankincense from Sheban, and the sweet cane from a far country?"

SCRIPTURE CAKE (Continued)

Isaiah 10:14: "And my hand hath found as a nest the riches of the peoples; and as one gathereth eggs that are forsaken, have I gathered all the earth."

Leviticus 24:5: "And thus shalt take fine flour, and bake twelve cakes thereof."

II Kings 2:20: "And he said, Bring me a new cruse, and put salt therein."

Amos 4:5: "And offer a sacrifice of thanksgiving of that which is leavened, and proclaim free will offerings and publish them."

Exodus 30:23: "Take thou also, unto these the chief spices: Of pure myrrh and of sweet cinnamon half so much."

II Chronicles 9:9: "And she gave the king a hundred and twenty talents of gold and spices in great abundance."

Judges 4:19: "And he said unto her, Give me, I pray thee a little water to drink; for I am thirsty. And she opened a bottle of milk, and gave him a drink."

Genesis 43:11: "Carry down the man a present, a little balm and a little honey, spicery and myrrh, nuts and almonds."

Jeremiah 24:5: "Thus saith Jehovah, God of Israel: Like these good figs, so will I regard the captives of Judah, whom I have sent out of this place into the land of the Chaldeans, for good."

II Samuel 16:1: "And when David was a little past the top of the ascent, behold, Ziba the servant of Mephibosheth met him, with a couple of asses saddled, and upon them 200 loaves of bread and a hundred clusters of raisins."

Translated for those who do not comprehend the exact measurements of the scripture above:

3/4 c. soft (butter or margarine)	Genesis 18:8	3/4 tsp. (salt)	II Kings 2:20
1 1/2 c. (sugar)	Jeremiah 6:20	3 tsp. (baking powder)	Amos 4:5
5 (eggs, separated)	Isaiah 10:14	1 tsp. (cinnamon)	Exodus 30:23
3 c. sifted	Leviticus 24:5	(flour)	

(Continued on Page 254)

SCRIPTURE CAKE (Continued)

1/4 tsp. each	3/4 c. finely-cut
II Chronicles 9:9	Jeremiah 24:4 (dried figs)
(cloves, allspice, nutmeg)	3/4 c. II Samuel 16:1 (raisins)
1/2 c. Judges 4:19	whole Genesis 43:11 (blanched almonds)
(milk)	
3/4 c. chopped Genesis 43:11	(blanched almonds)

Cream butter with sugar; beat in yolks of eggs, one at a time. Sift together the flour, salt, baking powder, cinnamon and spices. Beat into creamed mixture alternately with milk. Beat whites of eggs until stiff; fold in. Fold in chopped nuts and other fruits. Bake in greased and flour-dusted pan for 1 hour at 325°. Frost with your favorite frosting and decorate with whole almonds.

Gleaned from Christmas Guide published by Snibbe Publications, Inc., 140 Overbrook Blvd., Belleair Bluffs, Florida 33540

Lottie Plyler

** EXTRA RECIPE **



Miscellaneous



CHOW-CHOW (Continued)

Mix vinegar, salt and sugar; bring to a boil. Add chopped ingredients. Cook slowly until color changes, about 30 minutes. Pack into hot, sterile jars and seal. Makes about 12 quarts.

This is an old recipe of my mother.

Helen Lentz

ENGLISH CHUTNEY

3 green peppers, seeded and chopped	3 c. vinegar
1 medium-sized onion, chopped	1 1/2 c. sugar
13 tart apples, chopped	1 1/2 Tbsp. ginger
1 1/2 c. seeded raisins	1 1/2 c. tart grape jelly
1 Tbsp. salt	3/4 c. lemon juice
	grated rind of 1 lemon (bright yellow exterior only)

Place all ingredients in large saucepan and bring to a slow boil. Reduce heat and simmer about 1 hour or until quite thick. Stir. Turn into hot, sterilized jars and seal. This makes four pints.

Frances Kneeburg

GRANDMOTHER'S CRANBERRY JELLY

2 pkg. fresh cranberries	2-4 unpeeled apples
2 c. water	4 c. sugar

Wash cranberries and put into large kettle with water and apples, sliced. Cook until skins pop. Put through food ricer to remove skins. Add sugar. Stir over low heat until sugar is dissolved and mix comes to a boil. Pour into molds and chill.

Mrs. George R. Whittecar

NEVER-FAIL CRANBERRY JELLY

1 qt. (1 lb.) cran- berries	1 c. water
2 c. sugar	2 unpeeled apples, quartered

Cook cranberries and apple pieces with water in

NEVER-FAIL CRANBERRY JELLY (Continued)

covered pan until tender. Put through ricer (strainer) and add sugar; mix well. Cool in glasses or molds as desired.

Mrs. George R. Whittecar

ONION RELISH (Grandmother's Recipe)

24 sweet red and green peppers	3 Tbsp. salt
15 large onions	3 c. sugar
3 pt. vinegar	1 red hot pepper (optional)

Chop fine and mix. Pour on this, boiling water and let stand 5 minutes. Drain. Add other ingredients and cook for 15-20 minutes. Seal in jars.

Mrs. Carl Julian

ORANGE JELLY

1 box Sure-Jell	1 (6 oz.) can frozen orange juice
2 c. water	3 1/2 c. sugar

Boil Sure-Jell and water together for 3 minutes. Add sugar and orange juice. Stir until sugar is dissolved and the jelly boils again. Skim and pour into glasses. When cool, cover with paraffin. Makes 5-6 small glasses.

Mrs. George R. Whittecar

PUMPKIN PICKLES

Peel and clean out the cavity of a pumpkin. Cut pumpkin into pieces, approximately 1-inch cubes.

8 lb. pumpkin	2 Tbsp. whole cloves, tied in a cloth
4 lb. sugar	1 Tbsp. cinnamon
1 qt. vinegar	

Cook pumpkin in vinegar and sugar until just tender; do not overcook. Can in hot jars. Chill

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PUMPKIN PICKLES (Continued)

before serving. These are really good and could pass for pickled peaches; they taste like peach pickles.

Lottie Plyler

SQUASH PICKLES

4 qt. squash, sliced really thin	5 c. white vinegar
2 qt. onions, sliced really thin	5 c. sugar
1/2 c. salt	1 1/2 tsp. turmeric
ice	1 tsp. mustard seed
	1 Tbsp. celery seed

Mix squash, onions and salt. Pour ice over top and chill for 3 hours. Rinse well. Drain in colander.

Mix sugar, turmeric and seed. Mix squash, onion and sugar and vinegar mixture; bring to a boil, but do not boil. Stir and pack in hot jars. Seal.

Veda S. Morgan

TOMATO RELISH

1 gal. whole green tomatoes	3 red peppers (sweet)
10 medium onions	1 pod hot red pepper
5 medium green peppers	1/2 c. salt
2 c. chopped celery	2 1/2 c. sugar
	2 c. cider vinegar

Coarsely grind tomatoes, onions, peppers and celery. Add salt and let stand 2 hours. Drain; press out liquid. Add sugar to vinegar; stir and let stand until dissolved (no cooking). Add liquid to drained tomato mixture. Put in jars and refrigerate.

Mrs. E. C. (Margaret) Safrit

PLAY DOUGH

1 c. regular flour	1 c. water
1/2 c. salt	1 Tbsp. Wesson oil
2 tsp. cream of tartar	food coloring

Mix flour, salt and cream of tartar. Then add

PLAY DOUGH (Continued)

water, oil and food coloring; mix thoroughly. Stir constantly over low heat until dough forms. Pour onto waxed paper and knead until smooth. Keep in tight plastic container.

Mrs. Carl Julian

MAPLE FLAVORED SYRUP

4 c. sugar

1/2 c. light brown
sugar

2 c. water

1 tsp. vanilla extract

1 tsp. maple flavor

Combine sugar and water; stir until dissolved. Bring to a boil. Cover; then boil gently for 10 minutes. Remove from heat. Cool slightly and then add vanilla and maple flavors. Stir only until mixed. Makes about 1 quart.

Mrs. Carl Julian

**** EXTRA RECIPES ****

** EXTRA RECIPES **

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TERMS USED IN COOKING

APPETIZER — A small serving of food served before or as the first course of a meal.

ASPIC — A transparent jelly, usually meat, which has been boiled down to become firm when cold.

BATTER — A mixture of flour or liquid that can be beaten or stirred.

BISQUE — A rich thick cream soup made from fish.

BLANCH — To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.

BOUILLABASE — A chowder made from several varieties of fish and wine.

BOUILLON — Clear soup made from lean beef.

BRAISE — To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.

CARAMEL — Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.

CHICORY — A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes called curly endive.

CIDER — The juice from pressed apples used as a beverage or to make vinegar.

CLARIFY — To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.

COBBLER — A fruit pie with a rich biscuit dough made in a deep-dish.

COCKTAIL — An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner or cut shellfish with tart sauce served at the start of a meal.

CRACKLINGS — Crisp particles left after fat has been fried out.

CROQUETTES — Chopped meat held together by eggs, shaped and dipped into crumbs then fried.

DOUGH — A mixture of flour, liquid that is stiff enough to be kneaded.

DRIPPINGS — Liquids resulting from meat being cooked.

ENTREE — A dish served between the chief courses, before the roast.

FONDUE — A dish made of cheese, eggs, etc.

FRITTERS — Vegetables or fish covered with butter then fried in deep fat.

FROSTING — A sugar that has been cooked and used to cover cakes, and other foods.

GIBLETS — The liver, gizzard or heart of poultry.

HORS d'OEUVRES — Tart, salty or crisp foods served as appetizers.

INFUSION — Liquid taken from tea, herbs or coffee.

JULIENNE — Food cut into very thin strips.

MACEDOINE — A mixture of fruits or vegetables.

MARINATE — To let foods stand in an acid mixture of oil and vinegar, then flavored with spices and herbs.

MINCE — To cut foods in very fine pieces.

FOOD PROCESSES

BAKE — To cook by dry heat, usually in an oven.

BARBECUE — To roast or broil whole, as a hog, fowl, etc. Usually done on a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.

BOIL — To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.

BOILING POINT — The temperature reached when a mixture maintains a full bubbling motion on its surface.

BREW — To cook in hot liquid until flavor is extracted.

BROIL — To cook by exposing the food directly to the heat.

BRAISE — To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.

CANDY — To conserve or preserve by boiling with sugar. To incrust or coat with sugar.

COAT SPOON — When a mixture forms a thin even film on the spoon.

CODDLE — To cook slowly and gently in a liquid just below the boiling point.

CREAM — To work foods until soft and fluffy. Usually applied to shortening and sugar.

CUBE — To cut in even sliced pieces.

CUT — To divide foods with a knife or scissors.

DICE — To cut into small cubes.

DISSOLVE — To pass into solution.

FOLD — To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

Your Daily Nutrients







FOOD	AVERAGE ADULT	AVERAGE CHILD
Meat or fish	1 or more servings of wide variety. Liver once a week.	Same as Adult
Milk	1 pint.	1 quart
Eggs	1 egg. Dried peas or beans may be substituted 3 times a week.	Same as Adult
Vegetables	1 leafy green or yellow and 1 other (serve one raw). 1 potato.	Same as Adult
Fruits	½ c. citrus or 1 c. tomato juice plus other fruits (raw, cooked or canned).	¾ c. citrus or 1 ½ c. tomato juice plus other fruits.
Breads and Cereals	3 servings whole grain or "enriched" bread or cereal.	Same as Adult
Butter or vitamin fortified	2 tablespoons	2-3 tablespoons

A VITAMIN PRIMER

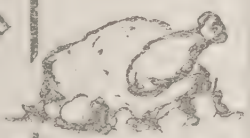
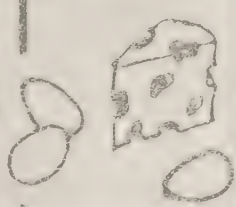


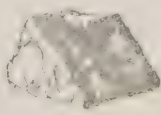

Vitamin	Use In Body	Best Sources
A	For normal vision	Leafy greens, yellow vegetables and fruits, eggs, liver and milk.
B1 (Thiamin)	For good appetite, good digestion and steady nerves.	"Enriched" and whole grain bread and cereal. Dried peas and beans, peanuts, pork and liver.
C (Ascorbic acid)	For healthy teeth, gums, bones and blood vessels.	Citrus fruits, tomato juice, leafy greens and potato.
G (Riboflavin)	For healthy skin and eyes.	Liver and kidney. Lean beef, leafy green, milk.

Helpful Cooking Hints

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	BASIL	BAY LEAF	CHIVE	CURRY POWDER	DILL
When You Fix: ↓	Aromatic odor, warm sweet flavor used whole or ground	A pungent flavor. Available as whole leaf	Mild flavor of onion	Blend of spices in proper proportion	Aromatic odor with delicate caraway flavor
MEATS CASSEROLES	Beef stew Steak, Veal Lamb Venison	Meats, Stews, Sauerbraten		Curries of meat Veal Mildly hot casseroles	Veal Pork spareribs Lamb stew
POULTRY SEAFOOD	Chicken Duck Fish Seafood cocktails	Poached fish	Fish dishes	Chicken Fish Shrimp Chicken salad	Fish dishes Chicken salad
PICKLES PRESERVES	Tomatoes Potatoes Peas Squash Herb butter	Pickled beets Relishes	Potato dishes Vegetable garnish	Various vegetables Pickled carrots Green bean sticks	Potatoes baked or boiled Tomatoes Beans Pickles Garnish
EGGS AND CHEESE	Cheeses Welsh rabbit and Egg dishes		Omelets and Egg dishes Cream and cottage cheese	Egg salad Egg dishes Cheese fillings Sour cream	Sour cream Cream and Cottage cheese Scrambled eggs
RICE NOODLES SPAGHETTI	Spanish rice Spaghetti dishes			Oriental touch to rice	Buttered noodles
SOUPS SALADS SAUCES	Bean Mock turtle Potato soups Tossed salads	Vegetable and Fish soups Tomato sauces and Gravies Marinades	Various Soups and Salads	Gravies Flavor teaser in soups Chili sauce Shrimp sauce	Fish and Vegetable salads Butter sauce Cream sauce
PIES BREADS CAKES				White bread dough	

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	Ginger	Marjoram	Oregano	Sage	Tarragon
When You Fix: ↓	Aromatic, pungent root with warm flavor-sold fresh, dried or ground	Aromatic odor, potent flavor	Strong aromatic odor, bitter taste, whole or ground	Pleasant aromatic odor and warm, bitter taste. Used fresh & dried	Aromatic leaves, with hot pungent flavor
Meats Casseroles	Pot roast Pork, Veal Beef Casseroles	Stuffing for all meats Ragouts, Stew Beef, Veal Pork Roasts Lamb Sausage	Pork, Veal and Lamb dishes Meat loaf Stews Chili	Stuffing for meat dishes Veal and Pork dishes Pork roast Sausage Hamburgers	Beef and Veal dishes
Poultry Seafood		Chicken and fish dishes Stuffed fish Fish chowder	Roast duck Fish chowder	Poultry	Fish and Chicken dishes Chicken cacciatore Lobster
Vegetables Pickles Preserves	Pickles Preserves Chutney Vegetable combos	Scalloped potatoes and tomatoes Dressing for broccoli cabbage spinach	Hash brown potatoes Dried beans Lentils	Vegetable loaves Beans Tomatoes	Potatoes Tomatoes Beets Spinach Pickles
Eggs And Cheese		Egg salad Egg dishes Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese Cheese combo dishes	Eggs Benedict Egg and Cheese dishes
Rice Spaghetti Noodles		Spaghetti sauce	Spaghetti with meat sauce Pizza		
Soups Salads Sauces	Soups Chicken broth Gravies Fruit salad Whipped cream	Soups Salad dressing Green vegetables salads	Vegetable and Fish salads	Salads	Tattar sauce Sweet-sour sauce Fish Sauces Green salads Aspics
Breads Pies Cakes	Cakes Soft cookies and crisp snaps Pie crust and filling				

MEATS, POULTRY, AND SEAFOOD

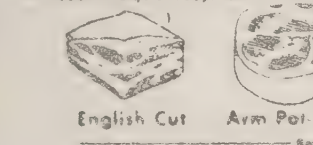
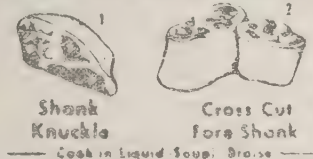
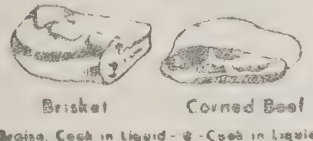
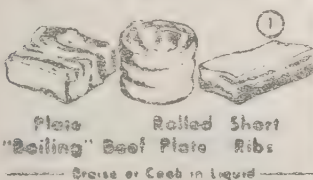
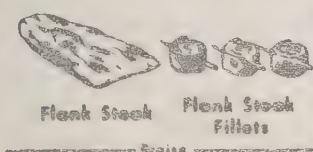
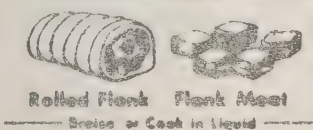
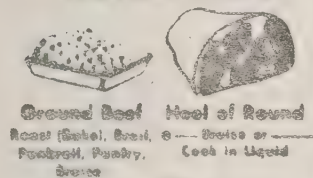
Meats are a substantial part of all homemakers shopping bill. Every meal should be planned very carefully and the best possible cut of meat for your money should be selected. The following chart should help you in not only selecting the best cut of meat, recommended by the U.S. Department of Agriculture cutting chart, but also the proper amount of meat to serve.

HOW MUCH TO BUY

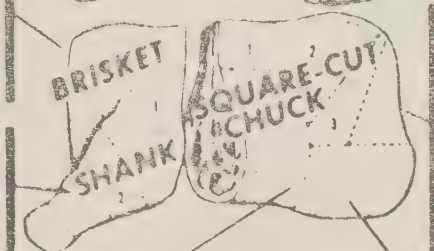
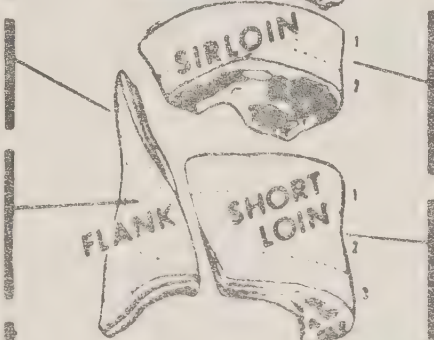
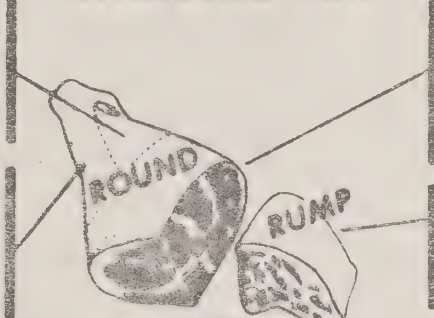
	MEAT	WEIGHT OR MEASURE	NO. OF SERVINGS
BEEF	Round Steak	1 pound	3 to 4
	Porterhouse Steak	1 pound	2
	Sirloin Steak	2 pounds	4
	Chuck Roast	2 pounds	4 to 6
	Rib Roast (bone in)	4 pounds	8
	Short Ribs	1 pound	1 to two
	Stew Meat	1 pound	4 to 5
	Hamburger	1 pound	4
POULTRY	Chicken		
	Fryers	2 ½ to 3 ½ pounds	3 to 5
	Broilers	1 to 2 ½ pounds	2 to 3
	Roasters	2 ¾ to 7 pounds	4 to 10
	Turkey	8 pounds	16
FISH	Steaks	1 pound	3
	Fillets	1 pound	4
	Whole Fish	1 pound	1
SHELLFISH	Lobster (tails)	1 pound	2
	Lobster (cooked meat)	1 pound	2
	Clams (shucked)	1 pint	3
	Shrimp (cooked)	1 pound	5 to 6
	Oysters (shucked)	1 pint	3
	Oysters (cooked)	1 pound	6
	Scallops	1 pound	6
VEAL	Cutlet	1 pound	3
	Chops	3 chops per pound	3 to 4
	Roast	2 pounds	6

RETAIL AND WHOLESALE BEEF CHART

Retail Cuts



Wholesale Cuts



Retail Cuts

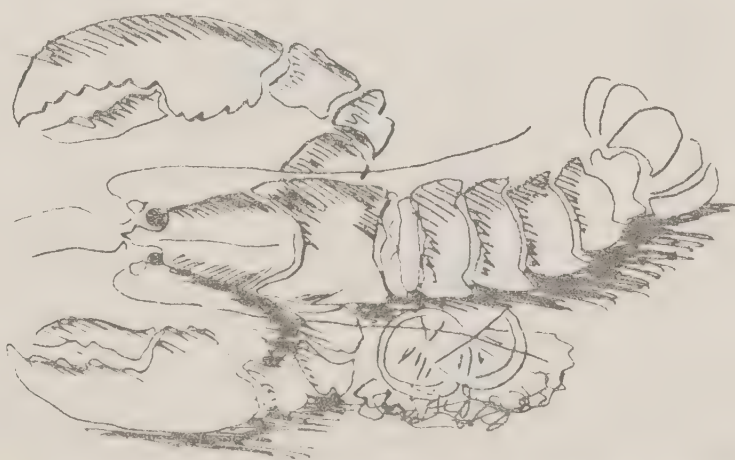
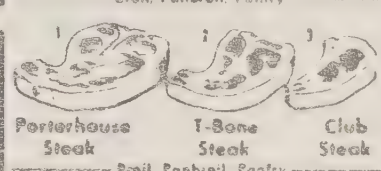
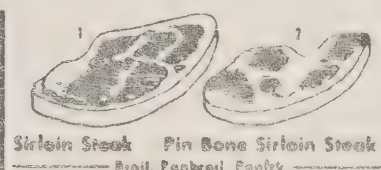
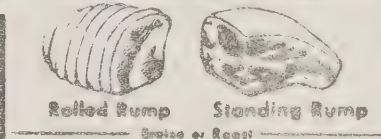
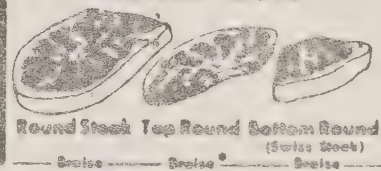


Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
Asparagus	Wash; gently scrub with vegetable brush. Break the stalks. They will snap where tender part starts.	Cook covered in small amount of boiling salted water. Cut up Whole spears	8-10 mins. 10-15 mins.
Beans, green or wax	Wash; remove ends and strings. Cut in 1-inch pieces, leave whole, or slit lengthwise.	Cook covered in small amount of boiling salted water.	20-30 mins.
Navy Beans, dried	Rinse. Soak overnight in 3 times as much water as beans; OR bring to boil, simmer several minutes and let stand 1 hour or more.	Cover and simmer in water used for soaking. Add salt.	1 ½ hours
Beets	Cut off all but 1 inch of stems and root; wash and scrub thoroughly. Do not pare.	Cook covered in boiling salted water. Peel when done.	35-60 mins.
Broccoli	Remove tough part of stalks and outer leaves. Split rest of stalk almost to flowerets; OR Cut in 1-inch pieces; separate stalks from flowerets.	Tie stalks in bundles using folded strips of foil. Cover, cook standing up in boiling, salted water. Cook pieces covered in boiling salted water to cover 5 to 8 mins.; add flowerets.	15-20 mins. 10-15 min. Total
Brussels Sprouts	Wash thoroughly; cut off wilted leaves. If large Brussels sprouts, cut in half lengthwise.	Cook covered in small amount of boiling salted water.	10-15 mins.
Cabbage, green	Wash; remove wilted outer leaves. Cut in 8 to 8 wedges; OR shred.	Cook covered in small amount of boiling salted water.	10-12 mins. Wedges
Carrots	Wash, scrape or pare. Slice, cut up in quarters or strips, or leave whole.	Cook covered in small amount of boiling salted water or in consomme.	20-25 mins. Whole
Cauliflower	Remove leaves and some of the woody stem. Leave whole or separate into flowerets.	Cook covered in small amount of boiling salted water.	20-25 mins. Whole 15-20 mins. Flowerets

Helpful Cooking Hints

Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
Celery	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling salted water or in consomme.	10-15 mins.
Corn	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling salted water; OR cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
Eggplant	Wash. If skin is tough, pare. Cut in ½-inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot fat. Season.	Approx. 4 mins.
Mushrooms	Wash; cut off tips of stems. Leave whole or slice.	Add to melted butter in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
Okra	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
Parsnips	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
Peas, Green	Shell and wash.	Cook covered in small amount of boiling salted water.	8-15 mins.
Spinach	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
Zucchini	Wash; do not pare. Slice thin.	Season and cook covered in butter in skillet for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total
Tomatoes	Wash ripened tomatoes.	Cook slowly, covered without adding water.	10-15 mins.

Helpful Cooking Hints

Calorie Counter

CANDIES, SNACKS AND NUTS

Calories

Almonds (salted)	12 to 15	93
Cashews	6 to 8	88
Chocolate Bar (nut)	2 ounce bar	340
Coconut (shredded)	1 cup	344
English Toffee	1 piece	25
Fudge	1 ounce	115
Mints	5 very small	50
Peanuts (salted)	1 ounce	190
Peanuts (roasted)	1 cup	800
Pecans	6	104
Popcorn (plain)	1 cup	54
Potato Chips	10 medium chips	115
Pretzels	10 small sticks	35
Walnuts	8 to 10	100

DAIRY PRODUCTS

American Cheese	1 cube, 1 1/8 inch	100
Butter or Oleomargarine	1 level Tbsp.	100
Cheese (blue, cheddar, cream, Swiss)	1 ounce	105
Cottage Cheese (uncreamed)	1 ounce	25
Cream, light	1 Tbsp.	30
Cream, whipped	1 Tbsp.	25
Egg White	1	15
Egg Yolk	1	61
Eggs (boiled or poached)	2	160
Eggs (scrambled)	2	220
Egg (fried)	1 medium	110
Yogurt (flavored)	4 ounces	60

DESSERTS

Cakes:

Angel Food Cake	2" piece	110
Cheese Cake	2" piece	200
Chocolate Cake, iced	2" piece	445
Fruit Cake	2" piece	115
Pound Cake	1 ounce piece	140
Sponge Cake	2" piece	120
Shortcake with fruit	1 ave. slice	300
Cupcake, iced	1	185
Cupcake, plain	1	145

Pudding:

Bread Pudding	1/2 cup	150
Flavored Puddings	1/2 cup	140

BEVERAGES AND JUICES

Beer	1 bottle, 12 oz.	185
Chocolate Malted	8 ounces	450
Cocoa (all milk)	8 ounces	235
Cocoa (milk & water)	8 ounces	140
Coffee (black/unsw.)		0

Helpful Cooking Hints.

Calorie Counter

BREADS AND FLOUR FOODS

Calories

Baking Powder Biscuits	1 large or 2 sm.	129
Bran Muffin	1 medium	106
Corn Bread	1 small square	130
Dumplings	1	70
Enriched White Bread	1 slice	60
French Bread	1 small slice	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

BREAKFAST CEREALS

Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded Wheat	1 biscuit	100
Sugar Krisps	¾ cup	110

Pies:

Apple	1 piece	331
Blueberry	1 piece	290
Cherry	1 piece	355
Custard	1 piece	280
Lemon Meringue	1 piece	305
Peach	1 piece	280
Pumpkin	1 piece	265
Rhubarb	1 piece	265

Ice Cream:

Chocolate Ice Cream	½ cup	260
Vanilla Ice Cream	½ cup	150

Miscellaneous:

Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	½ cup	78

FISH AND FOWL:

Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces steak	207

Calorie Counter

Calories

FRUITS

Apple (raw)	1 small	70
Banana	1 medium	85
Blueberries (frozen/- unsweetened)	½ cup	45
Cantaloupe Melon	½ melon large	60
Cherries, fresh/whole	½ cup	40
Cranberries (sauce)	1 cup	54
Grapes	1 cup	65
Dates	3 or 4	95
Grapefruit (unsw.)	½	55
Orange	1 medium	70
Peach (fresh)	1	35
Plums	2	50
Tangerine (fresh)	1	40
Watermelon	1" slice	60

MEATS

Bacon (crisp)	2 slices	95
Frankfurter	1	155
Hamburger (ave. fat/broiled)	3 ounces	245
Hamburger (lean/broiled)	3 ounces	185
Ham (boiled/lean)	3 ounces	200
Ham (baked)	1 slice	100
Lamb Leg Roast	3 ounces	235
Lamb Chop (rib)	3 ounces	300
Liver (fried)	3 ½ ounces	210
Meat Loaf	1 slice	100
Pork Chop (med.)	3 ounces	340
Pork Roast	3 ounces	310
Pork Sausage	3 ounces	405
Roasts (Beef)		
Loin Roast	3 ½ ounces	340
Pot Roast (round)	3 ½ ounces	200
Rib Roast	3 ½ ounces	260
Rump Roast	3 ½ ounces	340
Spareribs	1 piece, 3 ribs	123
Swiss Steak	3 ½ ounces	300
Veal Chop (med.)	3 ounces	185
Veal Roast	3 ounces	230

SALADS AND DRESSINGS

Apple and Carrot (no dressing)	½ cup	100
Chef Salad/reg. oil	1 Tbsp.	160
Chef Salad/mayonnaise	1 Tbsp.	125
Chef Salad/French, Roquefort	1 Tbsp.	105
Cole Slaw (no dressing)	½ cup	102
Fruit Gelatin	1 square	139
Potato Salad (no dress.)	½ cup	184
Waldorf (no dressing)	½ cup	140
Boiled Dressing	1 Tbsp.	28
French Dressing	1 Tbsp.	60
Mayonnaise	1 Tbsp.	110

Quantity Cooking

Food	25 Servings	100 Servings
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Meat, Poultry or Fish

Beef and veal (roasted)	10 lbs.	40 lbs.
Fish, large whole	13 lbs	50 lbs.
Fish, fillets or steaks	7 ½ lbs.	30 lbs.
Ham (roasted)	10 lbs	30 lbs.
Hamburger	9 lbs	35 lbs.
Meat Loaf	5 lbs	18 lbs.
Pork Rib Roast	10 lbs.	36 lbs.
Pork Chops and Veal Cutlets	9 lbs.	30 lbs.
Turkey or Chicken (roasted)	16 lbs.	50 to 75 lbs.

Sandwiches

Bread	50 slices	200 slices
Butter	½ lb	1 ½ lbs.
Mayonnaise	1 cup.	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 ½ qts.	5 to 6 qts.
Lettuce	1 ½ heads	5 to 6 heads

Salads, Casseroles

Potato Salad	4 ¼ qts.	4½ gals.
Scalloped Potatoes	4 ½ qts.	17 qts.
Spaghetti	1 ¼ gals.	5 gal.
Baked Beans	¾ gals.	2 ½ gals.
Jello Salad	2 qts.	2½ gals.
Lettuce (large heads)	4 heads	12 heads

Vegetables

Beets (fresh)	5 lbs.	20 lbs.
Beets (canned)	1 No. 10	4 No. 10
Cabbage (shredded)	5 lbs.	20 lbs.
Carrots (cooked)	6 lbs.	24 lbs.
Corn (canned)	3 No. 2	2 No. 10
Corn (frozen)	3 40-oz. pkgs.	10 40-oz pkgs
Peas (fresh)	18 lbs.	70 lbs.
Peas (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Sweet Potatoes (canned)	1 No. 10	4 No. 10
Sweet Potatoes (fresh)	7 lbs.	24 lbs

FOOD QUANTITIES FOR ONE WEEK

Kinds of Foods	Women	Men
Citrus fruits, tomatoes	2½ pounds	2½ - 3 pounds
Dark-green vegetables	¾ pound	¾ pound
Dry beans, peas and nuts	2 ounces	2 - 4 ounces
Eggs	6 eggs	7 eggs
Fats, oils	½ pound	¾ - 1 pound
Grain products -		
Cereal, flour, whole grain	2 2½ pounds	3-4 pounds
Meat, fish and poultry	4 4½ pounds	5-5½ pounds
Milk, and milk equivalents	3½ quarts	3½ quarts
Vegetables and fruits	4-6 pounds	5 - 7 pounds
Potatoes	1-1½ pounds	2 - 3 pounds
Sugars and sweets	½-1 pound	1 - 1½ pounds

SUBSTITUTIONS FOR INGREDIENTS

1 tablespoon cornstarch (for thickening) 2 tablespoons flour
 1 cup sifted cake flour 1 cup minus 2 tablespoons sifted all-purpose flour.

1 cup sour milk 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred.

1 square chocolate (1 ounce) 3 or 4 tablespoons cocoa plus 1 / 2 tablespoon fat.

1 cup sifted all-purpose flour 1 cup plus 2 tablespoons sifted cake flour.

1 cup sweet milk 1 cup sour milk or buttermilk plus 1 / 2 teaspoon baking soda.

1 cup cream, sour, thin 3 tablespoons butter and 3 / 4 cup milk in sour milk recipe.

1 whole egg 2 egg yolks for custards.

1 cup molasses 1 cup honey.

1 package active dry yeast 1 cake compressed yeast.

1 tablespoon instant minced onion, dehydrated 1 small fresh onion.

1 tablespoon prepared mustard 1 teaspoon dry mustard.

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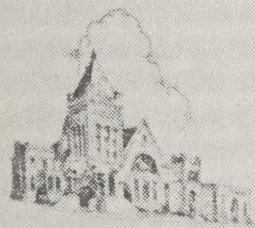
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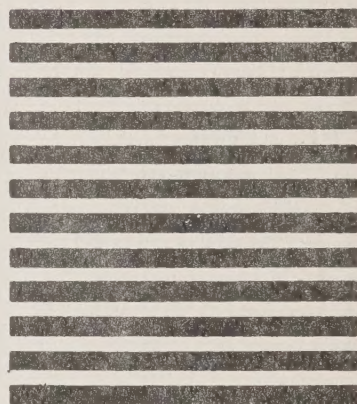
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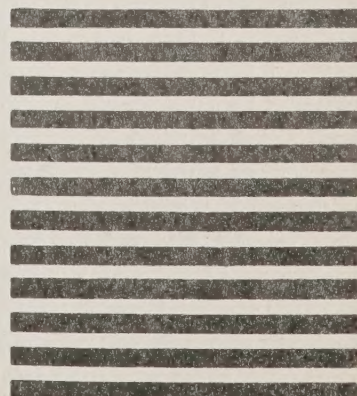
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